

April 22, 2004

CIVIC CONNECTION

A Monthly News Service from the Division of Communications for Norfolk Civic Organizations

GEM PROGRAM BEGINNING TO SHINE BRIGHTLY

In the FY 2004 Budget, the City Manager received approval to begin the GEM initiative, which is designed to promote the comprehensive reuse of blight-abated property. The specific goals of GEM are to: collect delinquent taxes and liens; eradicate blight in neighborhoods; get properties back on the tax rolls; and control design on redevelopment/rehabilitation of properties in the program.

Existing State blight legislation allows cities to acquire private property where nuisance abatement liens and delinquent taxes are not paid by the owners. Qualifying properties must be assessed at less than \$20,000; and, have delinquent taxes and liens exceeding 50 percent of the assessed value.

Staff is working with the City Attorney's Office on various acquisition issues related to the GEM program. The City is in the process of acquiring a GEM lot located next to 241 W. 27th Street. It is the intent of the City to work collaboratively with Habitat For Humanity to build an infill house at this location. Eligible properties in Douglas Park (40 lots) are also under review for acquisition.

NORFOLK OPENS FIRST MENTAL HEALTH COURT IN STATE

The City's new Mental Health Court has been operational since March 2nd. The new court is a joint project between the Norfolk Community Service Board, Circuit Court, the Commonwealth Attorney's office, the Office of the Public Defender, the Sheriff's Department and the office of Probation and Parole. The Honorable Charles E. Poston, Circuit Court Judge presides over the Court, which is the first in Virginia and one of only thirteen in the entire country.

The primary goal of the new court is to address the specific needs of the mentally ill. This court will allow mentally ill defendants an opportunity to get the help they need and the public will be protected by the stringent terms and oversight demanded by the court.

HEALTHY NEIGHBORHOODS CALL TO ACTION

Thanks to everyone who participated in the two-week initiative April 1 – 15. The response was outstanding from people who called, emailed, filled out on-line forms and clipped and filled out forms from the newspaper. All complaints have been forwarded to the responding parties for action and we are compiling the data for a report to City Council.

JUST IN TIME FOR THE VIRGINIA TATTOO NORFOLK SCOPE WARMS UP INSIDE

People visiting Norfolk Scope for the Virginia International Tattoo, April 23-25, will notice that the performances are not the only thing heating up the arena! The Department of Civic Facilities has purchased a new 1/8" thick polyurethane insulating system that will be placed over the ice, creating warmer temperatures with in the arena.

The process of making ice for hockey is an expensive and time-consuming one and therefore events that occur inside of Scope do so over ice. This new insulation will provide an additional layer of protection to the fiberglass floor that is currently used to protect and insulate the ice—the added layer of protection should result in less floor condensation and warmer temperatures in the arena.

“Installing this additional material over the ice, will not only provide extra protection to our clients and those performing on the floor, but will also allow the facility to reach a warmer temperature so that we can ensure the comfort of our patrons,” explains Marty Sparks, the department’s Operations & Engineering Manager.

This new insulation is just one of the many steps the Norfolk Scope is taking to ensure that its clients and patrons have the best possible experience at events held within the building. Earlier in the year, Norfolk Scope lowered the prices of several concession items, purchased new seating for the risers, and established a guest services area which is operated during events to address patron’s concerns.



SENIOR OLYMPICS CALL FOR PARTICIPANTS AND VOLUNTEERS!

Norfolk seniors once again have the opportunity to display their prowess for Golf, Bowling, Track and Field, Softball Hit and Throw, Billiards, and many other sports in this year’s Senior Olympics. You won’t want to miss the excitement as our local Olympians, 50 years and better, put on an impressive show.

May 3 – 6, 2004

8 a.m. - 4 p.m.

Little Creek Amphibious Base

Want to participate? It's not too late! Call Jean Saunders at 441-2109 to sign up.

Want to volunteer? You can catch the action and serve our senior community at the same time by helping facilitate the games. Help with lunch, be a timekeeper, record keeper, guide and help hand out awards to the winners. Call Donna Mills, Volunteer Coordinator, at (757) 314-2064. The deadline to sign up is April 30.

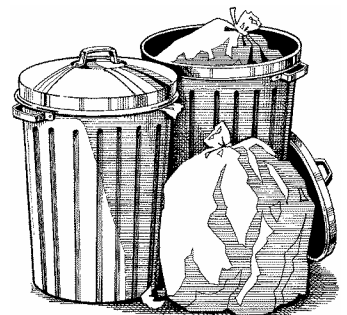
HERMITAGE SEEKS FORMER BRIDES AND GROOMS FOR ANNIVERSARY CELEBRATION

The Hermitage Foundation Museum is currently updating their list of couples who have been married there over the past twenty years. "We are asking local residents who have attended weddings of their friends and family to contact the Museum with names and current addresses," says Karen Perry, Director of Development for The Hermitage. "An anniversary party is being planned for this June and we would like to have as many couples as possible return to The Hermitage to join us for this celebration." Please contact the Museum at (757) 423-2052.

The Hermitage Foundation Museum is located at 7637 North Shore Road in Norfolk. For information on tours, other programs and reservations, call 757-423-2052 or visit www.hermitagefoundation.org.

KEEP NORFOLK BEAUTIFUL DAY A HUGE SUCCESS MORE OPPORTUNITIES UPCOMING FOR KEEPING NORFOLK BEAUTIFUL

Norfolk is now a lot cleaner as a result of 15 civic organizations getting out volunteers from their neighborhoods and picking up ugly roadside litter on Keep Norfolk Beautiful Day, March 27th. While reports are still being received, it is estimated that over 1,000 residents participated, collecting over 25,000 pounds of debris. The key to this success was the leadership of the civic leagues and other organizations that planned ahead. The hard work was accomplished by the following groups: *Little Creek National Pony Baseball, Inc., Norfolk Neighborhood & Leisure Services, Bay View Recreation Center, Berkley Neighborhood Service Center, Little Creek Neighborhood Service Center, Huntersville Neighborhood Service Center, Lafayette-Winona Civic League, Park Place Neighborhood Service Center, Arts & Technology Center, ODU Sigma Nu & Phi Beta, Roland Park Civic League, Sandhills Preservation Committee, Cottage Line Civic League, Belvedere Civic League, Daugherty Trailer Court, Estabrook Civic League, Larrymore Lawns Civic League, Villa Heights Civic League,*



Chesterfield Heights Civic League, Wards Corner Civic League, West Ghent Civic League, and Willoughby Civic League.

Congratulations to the following civic leagues that received \$150 from Farm Fresh toward a volunteer thank-you picnic for having over 40 volunteers participate in their cleanup: Bay View, Coleman Place, Lamberts Point/Old Dominion, Lafayette-Winona, and Roland Park. The Farm Fresh Volunteer Thank-You Picnic Award is still open for groups to register.

The Norfolk Great American Cleanup will continue through May 24th. Organizations may register at any time to conduct a litter cleanup or beautification. Shop 'N Shine Day is on Saturday, April 24th. Volunteer groups and individuals are needed to help clean areas around our busy commercial corridors. For more information contact the NEC office at 441-1347.

ENHANCED AUTOMATED CURBSIDE RECYCLING KICKED OFF ON APRIL 13TH

A.K.A. "The Big Easy"

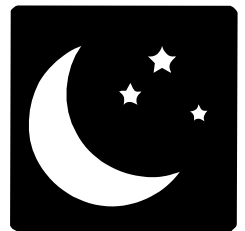
The "Big Easy" curbside recycling was launched by SPSA and the City of Norfolk on Tuesday, April 13th at 10am at the Berkley Multi Purpose Center, 925 South Main Street. There was a brief ceremony, a New Orleans style celebration and refreshments. Although Phase I areas began collection that week, all civic league representatives are invited to attend the ceremony. The new program features a larger 95-gallon recycling container and a larger list of acceptable materials for recycling. For more information on the phase in plan or the program go to www.norfolkbeautiful.org or contact the Recycling Coordinator at 441-1347.

NATIONAL NIGHT OUT

Plans are now in progress for this year's event on Tuesday, August 2, 2004. Mark your calendars now for the:

- City-Wide National Night Out Picnic – July 31, 2004
- National Night Out Neighborhood March -- August 2, 2004

More information is forthcoming regarding this national event. Civic leagues will soon be contacted for their involvement and support. For more details, call 441-2400.



HOW EFFICIENT IS YOUR HOME ENERGY SYSTEM?

Find out at the NEC's newest interactive exhibit: "*Greener Power for your Home*"

The Norfolk Environmental Commission invites you to use Earth Day, April 22nd, to visit the Ernie Morgan Environmental Action Center for an open house. In addition to 16 existing examples of sustainable building, such as 'plastic carpeting' and a straw bale room, the newest exhibit on home solar power will be opened to the public. View how solar panels and other aspects of this system have been installed and how much of your own energy it takes to power a light bulb. Visitors will also have a chance to register for special prizes by participating in a home energy audit. Tours and refreshments will be provided. Admission is free. For more information, go to www.norfolkbeautiful.org or call 441-1347.

HELP CLEAN VIRGINIA'S WATERWAYS

16th Annual Clean the Bay Day, Saturday, June 12th, 8am-Noon

Last year, more than 73 Tons of trash removed from Bay waters and shoreline during 2003 Clean the Bay Day.

From Hampton Roads to Virginia's Eastern Shore and Mason Neck State Park in Fairfax County, more than 4,500 volunteers removed more than 146,000 pounds of debris from 197 miles of state waterways during the 15th Annual Clean the Bay Day.

The Chesapeake Bay Foundation and its partner localities are seeking volunteers for the 16th Annual Clean the Bay Day, Saturday, June 12, 2004 from 9am-12noon. It's a great opportunity for individuals, families and groups to help clean up debris from waterways across Virginia. Boaters, divers and landlubbers are welcome.

Shoreline litter is washed from roadways into storm drains that carry it to creeks, rivers and the Bay. In addition to being a public eyesore and nuisance, it can be harmful to fish and wildlife. Litter and debris also can clog wetlands and reduce their effectiveness as buffers from runoff and as shelter for wildlife. Marine debris such as oil drums, abandoned boats and old engines can be hazards to boaters and swimmers.

What to wear: hard sole, closed-toe shoes and clothes appropriate to weather conditions and site conditions. Long pants and long sleeved-shirts are recommended for rough terrain, brambles, etc. Ask your City Coordinator or Zone Captain for advice.

What to bring: work gloves, a hat, water, sunscreen, bug spray, and allergy medication (if you have allergies to bee stings, etc).

BECOME A BETTER STEWARD OF THE CHESAPEAKE BAY AND SIGN UP TODAY TO CLEAN A SITE IN NORFOLK! CONTACT 441-1347

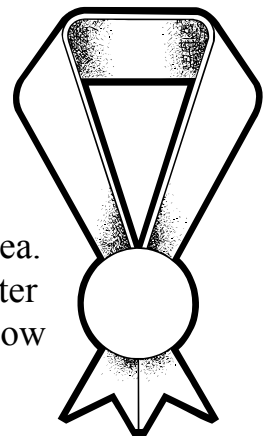
NORFOLK'S PUBLIC WORKS DIRECTOR NAMED ONE OF TOP TEN IN COUNTRY

John Keifer, Director of Public Works, has been selected as one of the "Top Ten Public Works Leaders of the Year" by the American Public Works Association (APWA). John was recognized for his 11-year stewardship of over 200 capital improvement projects totaling more than \$500 million; his innovative leadership of the department, including the implementation of a comprehensive leadership development program to train front-line and aspiring supervisors; and his emphasis on customer service. He will be formally recognized at the 2004 APWA International Congress and Exposition in Atlanta in September.

Three other members of the Public Works Department won regional awards: Don Lint, Arthur Riddick, and Chip Young. Lint, a Civil Engineer II in the Division of Streets and Bridges, won the VA-DC-MD chapter's "Distinguished Service Award." Riddick, a supervisor and a 33-year employee in the Division of Waste Management, earned the Robert S. Hopson Leadership Service Award. Young is the recipient of the Donald S. Frady Outstanding Achievement Award. He is a Construction Inspector II and a 34-year employee in the Division of Transportation. They will receive their awards at the 2004 Chapter Conference which will be held in Norfolk in May

UNSUNG HEROES, MAKING A DIFFERENCE

A policewoman who dipped into her own pocket to buy the bike locks that helped put an end to a theft ring; a long-time civic activist who pushes himself and his neighbors to get involved in the fight against blight – and another civic leader who retired and then studied and obtained a commercial drivers license so he could ferry homeless people to shelters throughout the area. These are three of Norfolk's unsung heroes – winners of the 2004 Crime Fighter Awards, given by the Norfolk Neighborhood Crime Prevention Coalition. Below are the details:



LIFETIME ACHIEVEMENT AWARD - Jim Janata

Every few years, a nomination comes in that is just too broad to fit into one of our categories. The individual has done too much, over too long a period, not to recognize those efforts in a special way. This year, that honor went to Ocean View's Jim Janata.

Janata has been called lots of things – he'll tell you that they have not all been flattering – but he is best known to be an incredible advocate for his community.

Nothing, and I mean nothing, escapes his attention and his concern. Through him, not only his own neighborhood, but the entire city is a safer place.

His biggest, but certainly not his only, issue involves code enforcement. As a member of the City Codes Evaluation Team, he has been instrumental in suggesting changes to laws concerning solid waste, evictions, nuisances, junk vehicles, drug blight and other blight. He has worked tirelessly to identify and help remove impediments to codes enforcement. He has helped the City look at policies that strengthen the tool that good code enforcement has become to fight more traditional crime.

Janata helped set up the Citizen's Environmental Codes Academy which teaches citizens about code enforcement, and is the most active publicizer of the class, helping ensure good enrollment

He has played a key role in a war on blight that is winning praise from organizations like the National Conference of Mayors and the National Crime Prevention Council, and attention from cities around the country. It has resulted in scores of successful initiatives in neighborhoods not only in Norfolk, but elsewhere as well.

Janata's involvement reads like who's who of city boards and committees – from the Norfolk Wetlands Board to ABC Off-premises Special Exception Task Force, nearly 20 in all – including many concerned with his immediate neighborhood. The truly amazing thing is he does not just sit on these committees; he is an integral part of them.

2004 BARBARA DAVIS VOLUNTEER AWARD - Buck Liedl

The causes of crime are many. The solutions are complex. No one understands this better than Buck Liedl, recipient of the 2004 Barbara Davis Volunteer Award. His record of service covers a broad range of activities, which reflect the highest level of concern for all citizens and clearly have had – and continue to have – a direct impact on the prevention of crime.

Liedl is a charter member of the 2nd Patrol Division Citizens Advisory Committee. He provides valuable insight into the real and perceived areas of concern in the community. Insight police can use to evaluate a crime risk and take action to reduce or eliminate it – action such as re-deploying manpower or studying crime trends.

For instance, this summer, Liedl alerted the police sector lieutenant for his area to an assault against an elderly woman that happened in her home. Police were investigating this as a single incident. But, further investigation and monitoring revealed that there had been three more similar burglaries in that sector. By mid-August, police had put an end to the crime spree and arrested a suspect.

Had it not been for this early intervention on the part Liedl, it is most likely that many more incidents would have occurred before a pattern was recognized and concentrated enforcement efforts put in place.

But our winner doesn't confine his efforts to working with police. He has also donated hundreds of hours to work with a group that is often the victim of crime, the

homeless. Said one nominator, “If a warm, dry, safe place to sleep prevents homeless people from being victims of crime on the streets . . . then (our recipient) has prevented hundreds of crimes.”

That’s because, for the last 10 years, Liedl has served as a volunteer bus driver with Norfolk Emergency Shelter Team – helping to get people off the streets and into a network of shelters. He even volunteered to study to obtain a commercial drivers license so he could serve in this capacity.

2004 CITY EMPLOYEE AWARD – Zoning Enforcement Inspector Johnny Helton

Norfolk Zoning Enforcement Inspector Johnny Helton understands that failure to attack the “little” things can lead to major problems. An illegal business, a dilapidated building, waste dumping and other eyesores can attract more serious crimes. An unclean area can indicate that no one is taking care of a neighborhood, or worse, that no one cares.

This award winner is on the front line. Day after day, he targets chronic crime and blight in Norfolk’s neighborhoods. He understands that problems cannot easily be placed in one department or another – that all city agencies must work together.

As a hard working, diligent professional and a very capable member of the Environmental Crimes Task Force, Helton has fostered this cooperation.

He knows that citing a violator is not enough. It is equally important that the inspector have a thorough knowledge on how to issue criminal summons and court procedures. Helton has taken on the job of training inspectors and police officers on the careful assembling of evidence.

This attention to detail has carried us far in our efforts to stop chronic violators.

Two years ago, Helton took on the complex task of coordinating the City’s new Hotel/Motel/Rooming House Permit Program.

This program, approved by City Council, required that all hotels, motels and rooming houses in the city be inspected frequently and before annual permits are issued for violations ranging from structural problems to operating an illegal rooming house. This requires a broad spectrum of people – fire, health, property maintenance inspectors, police and others as needed – to check for violations and work to correct them.

2004 GROUP OR BUSINESS AWARD WINNER - Huntersville Coalition

A community where neighbor knows neighbor, where residents take the time to learn about ways to improve their quality of life, is a community able to fight crime.

The Huntersville Coalition has taken on a major task – to strengthen the bonds in their neighborhood and develop the partnerships with police and service providers that will improve the quality of life for all.

Through their efforts, the members of the Huntersville Coalition are striving to strengthen the community, foster community pride, increase citizen involvement through the development of a variety of programs and initiatives, and mobilize citizens to make a discernible difference. They have pulled together government, churches, and citizens of all ages to establish the partnerships that solve community problems.

Founded only in 2002, the group has already sponsored and coordinated several activities that are making a difference. The coalition has:

- Organized a community safety fair that gave residents tips on safety, focusing on home security, street crime, auto theft, domestic violence, safety tips for seniors and more. A broad spectrum people of all ages and walks of life attended.
- Held a meeting between residents and Norfolk police and the Commonwealth's Attorney's office, giving residents a chance to discuss their concerns with the officials charged with enforcement and prosecution.
- Participated in the city's National Night Out celebration with a fun- and information-filled day at a park, with games, entertainment, and food combined with information from a number of human serving organizations.
- Put together a community forum with a variety of panelists from government – including me – to address some of their ongoing questions and explore ways to move the area forward.

2004 LAW ENFORCEMENT AWARD WINNER – Police Officer Laura Tessier

Officer Laura Tessier understands the value of crime prevention and has proved to be a most professional practitioner of community policing.

When she was selected to become a Target officer, she immediately chose to work in a neighborhood that she was not only familiar with, but that she knew would be a challenge. She requested to go there because she believed that's where she could be the most effective. She plunged in full force and has continuously made it her mission to be a positive influence within the community.

First, she sought to broaden the use of a tool called the "No Trespassing Letter" that had been used successfully in other areas of the city to curtail criminal activity. This program allows property owners to file a letter with the police department which allows the police to investigate activities on private property without immediate permission from the owner. This has proved especially effective in preventing criminal activity in apartment complexes. Our award winner personally met with hundreds of property owners and explained the program, providing them with the necessary documents and the means to contact her personally with their questions or concerns.

Tessier extended the same cooperative hand to young people in the community. Last summer, she did more than investigate a series of bike thefts – she worked to prevent them.

How? At substantial personal expense, she purchased a large quantity of bike locks and distributed more than 100 locks in her community. In exchange for receiving locks, the children agreed to have their bikes registered and have a license decal affixed – to both deter thieves and help police recover stolen bikes.

Her “bike lock” program not only raised her stature within the community, it gave her a chance to interact in a positive way with children and their parents. With this simple action, she improved police-community relations and fostered a positive impression of the police with those she serves.

Her knowledge of and contacts within her communities make her a valuable resource to the investigative divisions. She frequently acts in an undercover capacity for the Vice and Narcotics Division, posing as a prostitute or a narcotics buyer. Most recently, her efforts resulted in 28 arrests during prostitution details and 11 felony arrests of narcotics dealers.

2004 YOUTH AWARD WINNER - Stephanie Purvis

Preventing crime is not something you think of when you think about our young people. Too often, frankly, we associate our youth not with the prevention of crime, but with the perpetration of it. Therefore, it is a real pleasure to recognize a young lady who is, through her strong character and her actions every day, showing others how to lead a good, crime-free life.

Purvis’ nominator says she give about 15 hours a week to volunteer work, assisting with monitoring the computer lab at Norview Center and helping other young people with their homework. She has been an assistant for the Center’s Double Dutch, soccer team, and volleyball teams. She seems always to be available to help with special events at the center and across the city.

Our youth winner is an active member in the Norfolk Connecting with Success program .(DETAILS OF PROGRAM) and the Young Life Program. Not only is she a member, she has encourage others to join.

Her other activities include SADD - Students Against Drunk Driving - and the Chamber Orchestra at Norview High School.

Our youth winner hasn’t stopped a robbery, or intervened in a hit-and-run, or rescued a drowning child. She has simply day by day quietly demonstrated her own commitment to a crime free-life, and she’s tried to influence others to do the same. She’s used her talents to help others while she’s been a source of pride to her parents and teachers. She has maintained her standing in the community and will become an upstanding – and perhaps very active – citizen when she is grown.

PRETTY LAKE BUILDING SAFETY OFFICE OPEN FOR OPERATIONS

The City opened the new Pretty Lake Building Safety Office located at 8132 Shore Drive on April 1. The facility is fully operational and is providing businesses and residents with a variety of housing services. The daily hours of operation are 8:30 AM to 5:00 PM.

NORFOLK-VIRGINIA BEACH AREA RANKED 17 ON BEST PLACES TO LIVE SURVEY

Thinking about relocating? Or just curious how your city compares with others across the nation? Well, the answers to your questions are here, as featured in the annually updated book "Cities Ranked and Rated." The book's authors, Bert Sterling and Peter Sander, talked to the "Today" show about their findings. When asked 'how did you decide who makes it to the top?', Sander said: "We look at over a hundred pieces of information about each place. We group those into nine categories — including, economy and jobs, cost of living, climate, education, arts and culture. We add in a factor for intangibles and another for consistency across categories, press a button, and voila."

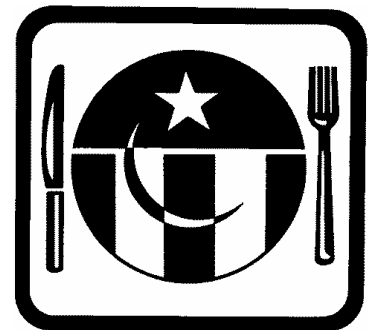
The authors particularly praised Norfolk as a spot for singles. Saying, "Younger singles are interested in building their careers and financial footing. They want lots to do, and of course lots of other singles. Of course, the places that rank highest overall are good bets, but for singles in particular we would choose the Norfolk area in Virginia (#17), Austin TX (#22) and from a little farther down the list, San Antonio, TX (#93)."

SUMMER MEALS FOR KIDS IN NORFOLK

Healthy, well-fed children are a sign of a successful community. In the City of Norfolk, over 22,000 children qualify for reduced or free lunches at school. These same children are eligible for the same nutritious meals during school vacations that they receive in cafeterias during the school year. However, there are still sizable numbers of eligible children not receiving summer meals. Last year in Norfolk, only 10% of the children took advantage of this opportunity.

The Summer Food Service Program, is federally funded and operated nationally by the U.S. Department of Agriculture (USDA) and is administered in Virginia by the Mid-Atlantic Regional Office of USDA.

The City of Norfolk currently has 11 organizations that sponsor approved sites. NLS sponsors 20 – 25 approved meal sites each summer. This year, staff is making a concerted effort to work with the USDA, Norfolk Public Schools and the Foodbank of



Southeastern Virginia to increase the number of new organizations interested in becoming SFSP sponsors or in becoming a sponsored site. Public outreach efforts will include a USDA produced video about the program to be telecast on NNN "Norfolk's Neighborhood Network WCTY TV-48, distribution of "Summer Meals for Kids in Norfolk" brochures, and increased dissemination of flyers and requests for interest from prospective meal site.

CONSTRUCTION SCHEDULE FOR UPCOMING WATER AND SEWER PROJECTS

1. Willoughby Water and Sewer Replacement, Phase 2 - Will be advertised late May
Estimated construction costs: \$1,200,000.00/sewer; \$800,000.00/water

2. Sewer Pump Station # 16 - Bids received in March. Estimated construction cost:
\$1,300,000.00

3. Sewer Pump Station # 23 - Bids received in March. Estimated construction cost:
\$850,000.00

4. Sewer Pump Station # 15 - Bids received in February. Estimated construction cost:
\$940,000.00

5. Sewer Pump Station # 28 - Bids will be received early April 2004. Estimated
construction cost: \$125,000.00

6. Glencove/Lochaven Water and Sewer Replacement, Phase 2 - Will be advertised July
2004. Estimated construction costs: \$1,200,000.00/sewer; \$750,000.00/water

7. Campostella Water and Sewer Replacement, Phase 2 - Will be advertised late April
2004. Estimated construction costs: \$1,850,000.00/sewer; \$1,000,000.00/water

COMMONWEALTH'S ATTORNEY PROJECT SAFE NEIGHBORHOODS UPDATE

Assistant Commonwealth's Attorney Clifton Hicks recent briefed PACE Support Services on Project Safe Neighborhoods, a federally-funded program in which four attorneys seek to cut gun violence by a multi-phased program.

Make sure gun violators do hard time

Educate the public on gun dangers

Attack the “quality of life” issues that can lead to a downward spiral in a neighborhood. The program is based on the theory that when “Quality of Life” crimes (Trespass, Petit Larceny, Prostitution,) occur in the neighborhood and are tolerated, people who live and work in the area feel vulnerable and begin to withdraw. They become less willing to intervene to maintain public order (for example, to attempt to break up groups of rowdy teens loitering on street corners) or to address physical signs of deterioration.

Sensing this, possible offenders become bolder and intensify their harassment of residents, and their crimes. Residents become yet more fearful and withdraw further from community involvement and upkeep. This atmosphere then attracts offenders from outside the area, who sense that it has become a vulnerable and less risky site for crime. Gun crimes and crimes of extreme violence soon follow.

Norfolk’s four dedicated PNS attorneys handle misdemeanor offenses that occur in six targeted police patrol car districts. The strategic plan behind this assignment is to target lower level/quality of life crimes and push for maximum punishment in appropriate cases in an effort to deter repeat offenders from committing violent offenses involving firearms.

What are “Quality of Life” Crimes? The following are the most common quality of life crimes that are prosecuted by the PSN team:

- Trespassing
- Possession of Marijuana
- Drunk in Public
- Open Container of Alcohol
- Disorderly Conduct
- Obstruction of Justice
- Assault and Battery
- Possession of Drug Paraphernalia
- Petit Larceny
- Prostitution (city wide)
- Indecent Exposure
- Concealed Weapon
- Urinating in Public
- Curse & Abuse
- Probation Violations (city wide)

As well as **all misdemeanor crimes that occur in the PSN zone.**

▪ **Spotlight: Prostitution**

One of the Project Safe Neighborhoods programs making a difference, is its effort to combat prostitution in Norfolk by focusing both on the people who solicit prostitution ('johns') and the people who commit prostitution.

Jail program for offenders convicted of soliciting for prostitution – conducted in cooperation with the Norfolk Sheriff's office – Community Corrections Program.

2001-2002

First John School held September 9, 2001 consisted of 125 John Offenders, 94 percent of whom successfully completed John School. The John School Program consists of:

- STD Test - John pays for test
- Citizens Panel - Express how John's behavior impacts community
- Health Department Seminar - Video and discussion on dangers of unprotected sexual behavior
- Second Chances
- Prostitution Video
- Former Prostitutes - Discuss dangers of the street (potential for attacks on johns, robberies)
- Community Service Day - John returns to community where arrested and provides labor for civic league projects

Place of residence of those convicted of soliciting for prostitution; Norfolk
26 percent, Other Localities, 74 percent

Out of State	34	Chesapeake	4
Va. Beach	34	Suffolk	3
Portsmouth	8	Newport News	2
Hampton	7	Williamsburg	1

RESULTS JOHN SCHOOL

Arrested for solicitation of prostitution in 2001-2002

128 arrested for soliciting
111 ordered to John School
17 received another sanction

No John School graduates have been rearrested

Two of the 17 who did not attend John School have been rearrested for soliciting

JAIL PROGRAM FOR FEMALE OFFENDERS CONVICTED OF PROSTITUTION

12 Week Jail Based Program

- Substance Abuse (90 days)
- Health Awareness/Education
- Domestic Violence
- Developing a Healthy Self-Concept
- Decision Making
- Sexual Abuse
- Employment Preparation

Prostitution Intervention

Jail program for female offenders convicted of prostitution. Issues are tougher and harder to resolve. Community partners include:

- ◆ Department of Social Services
- ◆ Norfolk Sheriff's Office (Chaplain Houston)
- ◆ Second Chances Program
- ◆ Norfolk Department of Human Services
- ◆ Sentencing Options/Norfolk State University

NORFOLK STATE UNIVERSITY RISE CAMPUS ACTIVITIES UNDERWAY

Infrastructure Analysis and Design/Construction Preparations:

- The Norfolk Redevelopment and Housing Authority has selected a firm to analyze the proposed infrastructure package to support the RISE Campus Master Plan 'build out' scenario, estimate the total infrastructure construction cost, and make any recommendations for modifications that appear to be warranted based on their analysis and developments subsequent to the submittal of the RISE Campus Master Plan. A meeting between Norfolk State RISE representatives, NRHA personnel, and City staff is planned for mid-February to discuss this process and the scope of analysis.

RISE 1 Building Design

- The Director of Planning and Community Development has provided written comments to the RISE Project Manager on the status of design review with the NRHA and the City as Norfolk State University and its design team prepare to seek 'preliminary approval' of the design of the RISE 1 building.
- It was previously reported that presentations of the design have been made to the NRHA Board of Commissioners and to the Design Review Committee and the Planning Commission. Based on the discussions to date, 'Preliminary Approval' in the design review process is expected to be granted when the University and its agents formally apply for that step.

RISE 1 Construction Timetable:

- Start of construction is presently anticipated for the Fall of 2004.

Status of NRHA Land Transfer:

- The RISE 1 building will be purchased by the Commonwealth and the land will ultimately be owned by the Commonwealth of Virginia. In light of that circumstance, NRHA is prepared to transfer that group of parcels to facilitate RISE 1 construction without the 'reversion' clause customarily made part of NRHA land disposition agreements that guarantees that the transferred property will be used for the purpose which provide the rationale for the transfer. Deeds have been drafted and were sent to E2F in October. NRHA is prepared to close on those four (4) properties. After NRHA had reached agreement with the Enterprise and Empowerment Foundation's attorney, the Attorney General's Office requested some additional changes to the deeds. NRHA and the Enterprise and Empowerment Foundation's attorney are discussing those additional changes.

NSU-MASTER PLAN

- The Master Plan was modified in 2003 at a time when the University was considering the construction of a dorm on the Phyllis Wheatley block. It was subsequently determined that the site would not be used for a dorm as planned; thereby necessitating an update to the Master Plan.
- NSU now plans to build student residences on the hospital property and will issue the Request for Proposal this spring. The student residence is needed quickly to accommodate their growth in enrollment. The civic leagues in the NSU area are supportive of this plan.
- As the University continues to grow, a parking deck will need to be constructed.
- A Programs Manager has been hired for the RISE project.

PRETTY LAKE DUNES / EAST OCEAN VIEW (MARCH 2004)

Norfolk Redevelopment and Housing Authority and the City are in the process of amending the East Ocean View Conservation and Redevelopment Plan to include the 3rd Bay (Pretty lake Dunes) area. It will focus on land use in the 3rd Bay Street area, Shore Drive, the harbor area at East Beach but will encompass the entire neighborhood.

Plan Advisory Committee has been formed and reviewed the process for developing the plan amendment. A revised process/schedule resulted from those discussions and is attached. That group also advised that the plan area be expanded to include south to Little Creek Road and west to Redmond Avenue. A public open house was held on March 11, 2004. The information gathered at this event will be consolidated by NRHA staff and presented to the Project Area Committee (PAC) of the East Ocean View Civic League and to the Plan Advisory Committee at its next meeting. NRHA will work closely with the reviewing approving agencies to coordinate presentations and public meetings. The tentative schedule is as follows:

<u>Item</u>	<u>Date</u>
Draft Plan Amendment (Project Area Committee develops draft plan amendment)	March – May 2004
Brief NRHA Commissioners on proposed Plan Amendment (public meeting)	June 2004
Present proposed Plan Amendment to the East Ocean View Civic League (public meeting)	June 2004
Citizens Input Forum on proposed Plan Amendment (public meeting)	June 2004
Transmit proposed Plan Amendment to City Manager for distribution to City Planning Commission, City Council and Department of City Planning	July 2004
Present proposed Plan Amendment to Mayor's Ocean View Task Force	July 2004
Present proposed Plan Amendment to ECBC (public meeting)	July 2004
Present proposed Plan Amendment to City Planning Commission - City Planning Commission sets Public Hearing (public meeting)	July 2004
City Planning Commission considers/recommends proposed Plan Amendment (public meeting)	July 2004
Initial Notice of Public Hearing before joint session of City Council and NRHA Commissioners	July 2004
Second Notice of Public Hearing	August 2004

Joint City Council and NRHA Commissioners Public Hearing for proposed Plan Amendment (**public meeting**) August 2004

NRHA Commissioners consider/approve proposed Plan Amendment (**public meeting**) August 2004

City Council considers/adopts proposed Plan Amendment (**public meeting**) August 2004

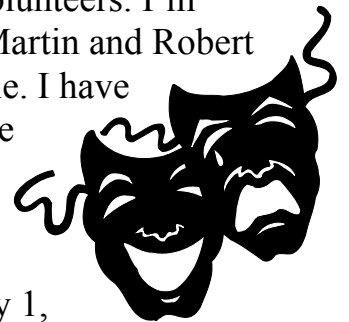
VIRGINIA STAGE COMPANY ANNOUNCES DEPARTURE OF ARTISTIC DIRECTOR

VSC Artistic Director Charlie Hensley will step down from his position on June 30, 2004. Citing a desire to move on to new challenges at home in New York, and to allow the company to grow in its course.

Hensley took the reins in 1993, a time of artistic and financial turmoil for the theatre. Since then, the company has enjoyed its greatest financial successes: 20 of the 25 most successful productions at VSC were mounted during his tenure. Over the past eleven seasons, he has produced 83 shows, directed 31, and starred in four at the company's historic Wells Theatre.

"I'm very proud of what we've been able to achieve here," said Hensley, "and it's been due to the tireless efforts of our extraordinary artists, staff and volunteers. I'm grateful to all of them, and to managing directors Doug Perry, Steve Martin and Robert Chelimsky, each of whom worked so hard to make our dreams possible. I have the greatest confidence in Robert's ability to lead the theatre during the upcoming transition, and to maintain the high standards that have always driven the work of the VSC family."

Virginia Stage Company will begin the search for a new artistic director immediately, with hopes of completing the process by January 1, 2005.



HURRICANE ISABEL CLEANUP ENTERING FINAL STAGES

Significant progress is being made to complete all Hurricane Isabel related storm clean-up efforts. The debris removal contractor is removing the remaining tree stumps and is closing the debris reduction sites in the Central Business Park and on Armistead Avenue. These areas will be restored to their pre-storm conditions. Cleanup of storm ditches and the replacement of street signs are also coming to a close.

Repair work for approximately 450 sidewalks that were destroyed by the storm is well underway and we expect completion of all work by this summer. The old sidewalks have been removed, holes filled and repair work placed under contract to three contractors working in different areas of the City. We know residents have been patient

through this process; however, as warm weather approaches, more inquiries about the status of sidewalk repairs can be expected.

Beach replenishment efforts are continuing and work to repair beach access walkways is scheduled for completion by June 1st. The City is also in the process of evaluating the extent of the damage to the Willoughby Boat Ramp. A consultant has been hired to determine what repairs or modifications are necessary.

A detailed analysis of the fiscal impacts of the hurricane and our efforts to maximize federal reimbursements for storm related costs is forthcoming.

Community Outreach Efforts Underway... The National Flood Insurance Program Community Outreach Team is visiting with policyholders in communities throughout Virginia impacted by Hurricane Isabel. The Outreach Team will visit Norfolk on Monday, April 26 at Ocean View Senior Center. The team will meet one-on-one with flood insurance policyholders who suffered losses during Hurricane Isabel. The meeting will enable Norfolk residents to review their claims to ensure that their settlements were equitable. Policy holders may visit with the outreach team between the hours of 10:00 AM and 7:00 PM. No appointment is necessary.

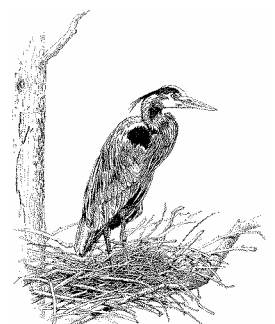


Meeting with an outreach team, for example, is not the only means of requesting a claim review. Enhanced customer service now allows policyholders the opportunity to request a claim review by:

- ☐ Calling toll free, 1-800-427-4661 to request a claim review from 9:00 AM to 9:00 PM EDT, seven days a week. The National Flood Insurance program customer service representatives will take the necessary information and initiate a review; or
- ☐ Return the postage paid form that will be enclosed in a letter to those policy holders who submitted claims for flood damage from Hurricane Isabel, but did not receive maximum coverage benefits.

CITY PREPARING FOR THE RETURN OF GREAT EGRETS

City staff is working with Campostella Heights residents in preparation for the return of the great egrets. Norfolk is a favorite nesting area for these birds due to its proximity on the Atlantic Coast and its wetlands, which provide superior feeding areas for the birds.



In recent years, the great egrets have impacted the quality of life of Campestella Heights residents. Working in conjunction with City staff, prior to the birds mating season, residents use starter pistols and other noise devices to move the egrets away from developed areas. These techniques do not actually harm the birds, which are a threatened species. Moreover, this strategy has proven successful.

CITY UPDATES

CITY COUNCIL

Little League Advertising Program to Begin Immediately. The City Attorney has made a determination that no ordinance change is necessary regarding the distribution of revenue from the little league baseball advertising sign program. You will recall we sent you new agreement language which states that each league that chooses to participate in the new program may keep 100 percent of the advertising revenues for the purpose of providing enhanced maintenance and upkeep of ball fields.



A major concern raised by City Council is that the little leagues will not have an opportunity to take full advantage of this new program if agreements are not signed before the start of the 2004 season. Neighborhood and Leisure Services will send out information to little leagues beginning next week outlining the program details. Little league associations will then have the opportunity to formally enter into advertising agreements with the City prior to the start of the new season.

City Closely Monitoring the Federal Transportation Reauthorization Bill. City staff is monitoring Congress action related to the reauthorization of the Transportation Equity Act for the 21st Century (TEA-21). This transportation bill, also known as TEA-3 provides flexible funding to states and metropolitan areas to pay for highways, transit, and other essential components of our transportation system.

The \$375 billion House version of the re-authorization act is \$57 billion higher than the Senate's. The House version would allocate slightly more than \$6 billion to the Commonwealth. This proposed funding level is almost \$2 billion more than was awarded to the Commonwealth for transportation related projects in the previous TEA-21 appropriation which expired in October 2003. TEA-3 funding is critical in helping address identified City Council priorities such as the Military Highway (US 13 and SR 165) widening and improvements, Virginia Beach Boulevard (US 58) between Military Circle and Newtown Road in the City of Norfolk improvements, as well as mass

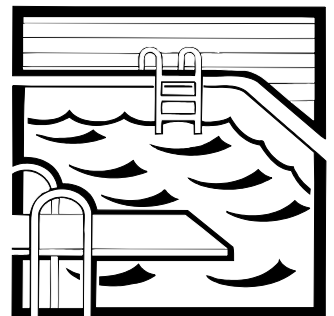
transportation projects such as development of light rail and the development of a high speed rail link to Hampton Roads.

The President has said he would veto any bill that exceeds \$256 billion. As we move further into the year, it appears unlikely that the House and Senate will agree on language before the fall. We will keep the Council up to date on the developments of this critical piece of legislation.

City's Commitment to Youth Helps Keep New Horizon Program Going. The City has received a letter from the Southside Boys and Girls Club thanking the City for the \$35,000 funding allocation to continue operations of the New Horizon Program. New Horizons is a community based initiative that began six years ago to help Norfolk youth that have been suspended from school. The program has made it possible for thousands of students and their parents to get counseling and other needed services to continue their education.

Police Department Staffing Issues. As part of a normal course of business, the Police Department routinely deploys special units in the field to address specific criminal activity peaks. Most recently, the issues of homicides, drug trafficking, car theft and others have been noted in the Lindenwood/Huntersville area. In response to this specific concern, the normal patrol division requested assistance from Vice and Narcotics as well as the Special Enforcement Divisions to implement a Zero Tolerance Enforcement Strategy. During February and March, additional officers from the special teams augmented the existing patrols to make 14 street arrests for narcotics violations and 16 arrests for prostitution. A total of 165 arrests have been made in this area during these two months to date. This is a temporary deployment of special teams that have citywide service responsibility. These redeployments do not involve patrol division staffing changes.

Norfolk's Therapeutic Swimming Pool Program Fills Gap Caused by Medical Reimbursement Cuts. Currently, there are 670 people at Northside Pool per month registered in the Therapeutic Recreation Aquatic classes. Physicians and physical therapists in recent years have begun to refer their clients to participate in the City's aquatic therapy programs in an effort to continue rehabilitative programs/therapies. This action is being undertaken as a result of rehabilitative programs/therapies being shortened due to medical reimbursement cutbacks. There are no comparable programs being offered by other area cities, nor are there any offered in the community by the private sector. While the City of Virginia Beach has a certified Therapeutic Recreation Specialist that is assigned to aquatics, their focus is geared toward "learn to swim" programs for individuals that are mentally disabled. This type of program does not address the needs of individuals with physical disabilities such as stroke victims.



Each budget for the last several years, we have reviewed alternatives to meet the public's demand for therapeutic swim programs. In addition to the ongoing exploration of a new pool, staff is examining other alternatives to increase pool time for therapeutic services including leasing pool space at other facilities. One of the major financial challenges of a therapeutic pool is that it needs to be a separate pool due to temperature control requirements. A new separate pool would cost \$3.5 million to \$4 million. Staff will provide the Council a budget issue paper on a Therapeutic Recreation Center Pool addition and other alternatives as part of the upcoming budget process.

UPDATE: OLD DOMINION UNIVERSITY VILLAGE

Technology Building (located between 46th/47th Streets in University Village)

- Construction has begun; asbestos abatement continuing. ODU is coordinating temporary closure of 46th Street with City; expect to close in May/June, 2004 through August, 2005. Will maintain access to VIP parking lot during period of street closure.

Student Housing/Ground Floor Retail

- **Phase I** (378 beds; 20,000 square feet ground floor retail)
 - Begin grade correction of portions of Monarch Way in late March.
 - Retail leasing progressing; numerous proposals under consideration. Expect occupancy during summer/fall, 2004.
 - ODU/Foundation have delayed Grand Opening of residential spaces, pending completion of infrastructure improvements. Will combine with opening of ground floor retail. **UNCHANGED.**
- **Phase II** (600 +/- beds; 30,000 square feet ground floor retail)
 - Building construction is on schedule; completion of 41st Street infrastructure improvements critical to opening of buildings by August 15, 2004.

Shopping Center

- ODU Real Estate Foundation is making offers to purchase parcels. Expect land assemblage process will take 6 - 9 months.
- Demolition of an acquired property on Hampton Boulevard is complete.
- Foundation and developer are in active discussions with grocery anchors, as well as other interested users. ODU has made \$2.1 million available to Foundation to invest in shopping center

Office/Hotel Parcels (3 parcels adjacent to Parking Deck & 2 parcels north of Convocation Center)

- Foundation's Executive Committee authorized issuance of RFQ for hotel development; has been distributed to prospective developers; response date: 04/15/04.

- ODU has contracted with Carl Walker, Inc. to update parking/traffic study for ODU main campus and University Village and to provide recommendations for the necessary shared parking operations.
- ODU plans to retain consultant to identify prospective tenants for office/research buildings.
- Foundation is reviewing feasibility of development of first office building site by the Foundation.

Edge Management

- University initiated a University-Community Security Task Force, consisting of University, ODU Public Safety, City of Norfolk, landlords, and adjacent neighborhood representatives to review and provide recommendations –on safety, security, and crime prevention measures on the Old Dominion campus and in the surrounding communities. The Task Force has met and is developing both short- and long-term recommendations.
- Awaiting release of Requests for Proposal (RFP) on Edge Management Planning Study

FIRE AND RESCUE

Norfolk Firefighters Receive Special Recognition From VA State Police. On March 3, 2004, Captain J. Thomas Martin of the Virginia State Police Fifth Division presented Firefighters Ed Deans, John Helms, Kelly Kirk, Eugene Frank, and Captain Dennis Hodge Certificates of Merit for assisting in the capture of a fleeing suspect.

This action came in support of VA State Police Officer Chuck Plaza. Officer Plaza, on December 28, 2003, was at the scene of a car fire on Interstate 264 at Ballentine Boulevard. The traffic back up that ensued resulted in impatient motorists driving on the shoulder of the roadway.

Trooper Plaza stopped one of these vehicles and discovered that the driver had numerous traffic convictions. Trooper Plaza's efforts to arrest the suspect for operating a motor vehicle with a suspended license were thwarted when he was struck in the chest by the driver. The driver then attempted to flee the scene. The Norfolk firefighters without hesitation intervened and subdued the combative driver. Their actions and bravery, according to the State Police, went beyond the call of duty.

Assistant Fire Chief David B. Palmer Announces Retirement. Assistant Fire Chief David B. Palmer will retire effective May 1, 2004 to accept the position of Executive Director/Chief of Emergency Medical Services of the Marion County EMS Alliance. The Marion County EMS Alliance has 150 highly trained individuals who provide advanced life support emergency medical services, special event coverage, and emergency

management support for the 1,560 square mile area of Marion County, Florida including the City of Ocala.

Chief Palmer served the City of Norfolk for 28 years. He began his career with the Bureau of Paramedical Rescue Services that was merged with the Norfolk Fire Department in 1991 to form the Department of Fire-Rescue. During his career he served as a paramedic, shift supervisor, training manager, battalion chief, and assistant fire chief for emergency medical services. In 2003 he received the "Governor's Award for Excellence in Emergency Medical Services" for his many efforts to improve emergency medical services in Virginia.

Chief Palmer has said that he will miss Norfolk, but looks forward to the challenges of his new position. The move will reunite the chief with his parents who live on the west coast of southern Florida.

HUMAN SERVICES

April is Child Abuse Prevention Month. The Norfolk Department of Human Services is in full swing promoting the prevention of child abuse and neglect. DHS has created flyers with information on how to recognize the signs of abuse and be helpful to parents who are stressed, tips on ways to calm down, and phone numbers to call if child mistreatment is suspected. Chanello's Pizza, Zero's Submarines, and Cogans are showing their support by including flyers with their orders and/or deliveries.



While April is specially designated as Child Abuse Prevention Month, DHS engages in outreach year-round. If your company is interested in distributing these flyers at any time, or if your organization is interested in receiving them, please contact Jan Callaghan, Programs Manager for Public Information and Education, at 757-664-6020, or Cori Waddington, Public Information Assistant, at 757-664-6108.

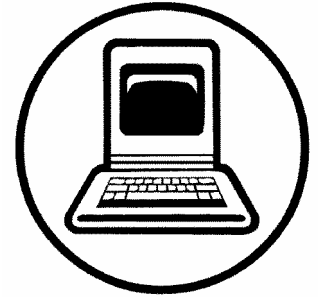
ACCESS-Online Prescreening for Public Assistance. The Norfolk Department of Human Services offers an easy, convenient, and discreet way for Norfolk citizens to determine whether they may qualify for public assistance benefits. The online program – called ACCESS – allows individuals to anonymously screen themselves for a variety of federal, state and local assistance programs based on their family size and income.

ACCESS prescreens for the following assistance programs:

- Child Care Assistance
- Energy Assistance
- Emergency Assistance
- FAMIS (Family Access to Medical Insurance Security Plan)
- Food Stamps

- General Relief
- Lifeline
- Medicaid
- Refugee Resettlement Program
- SLH (State and Local Hospitalization)
- TANF (Temporary Assistance for Needy Families)
- Auxiliary Grants

ACCESS is available on the City of Norfolk website at www.norfolk.gov/humanservices/prescreening. All 12 of the Norfolk Public Library's branch locations offer free public Internet access and librarians are available to assist citizens in navigating the site. Informational brochures are available to local agencies, centers, churches and civic organizations at no cost. Please contact Jan Callaghan, Programs Manager for Public Information and Education, at 757-664-6020 for more information.



Combating Domestic Violence. The Norfolk Department of Human Services has initiated a campaign to get valuable information to those at risk of or victimized by domestic violence. The effort involves the strategic placement of Safety Cards – miniature brochures containing information for victims about who to call in an emergency, where to go for confidential counseling, and how to create a “safety plan” for themselves and their children.

Safety Cards are available at more than 70 locations throughout Norfolk, including businesses, community centers and other public locations. Businesses are encouraged to place the cards in their restrooms, foyers, or other locations where they may be discreetly picked up by customers.

Businesses wishing to participate in the effort may obtain Domestic Violence Safety Cards by calling Brenda Fulkerson, Public Information Assistant, at 757-664-3242, or Jan Callaghan, Program Manager for Public Information and Education, at 757-664-6020.

Child Care Program. The Norfolk Department of Human Services' Child Care Program aids eligible families in the arrangement and/or purchase of childcare for their children. The program helps promote; parental choice and consumer education, activities to enhance health and safety standards established by the state, and activities to increase and enhance childcare and early childhood development. To determine eligibility for Child Care is easy as 1,2 or 3.

1. Apply at any of the local department agencies
2. Call the information line at 664-6175

3. Go online at www.norfolk.gov/humanservices/prescreening. NDHS' program ACCESS allows everyone to determine eligibility for childcare or any other program with the click of the mouse.

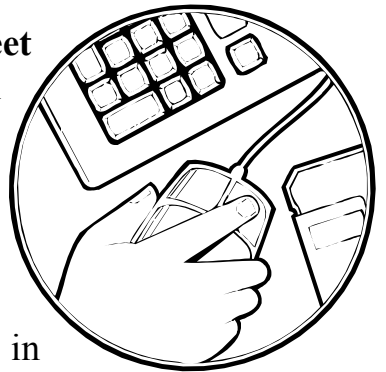
Department of Human Services Expands Customer Services Center Hours. The agency's Customers Service Center has extended its hours of operation to include weekday evenings and Saturdays. Now, customers who are currently receiving assistance are able to make service inquiries and report household income and address changes to the department from 7:30am until 9:00pm, Monday through Friday, and on Saturdays from 8:30am until 5:00pm by calling 757-664-3300.

LIBRARIES

Library Software Program to Improve Computer Access & Meet Federal Filtering Guidelines. The Norfolk Public Library system, in response to the increasing demand for its computer resources, is in the process of purchasing Smart Access Management (SAM) software, which supports the efficient use of the Library's public computer system. Funding for this initiative is provided by the Federal Universal Lifeline fund.

The Library will install SAM throughout the system resulting in immediate benefits for patrons. SAM will provide our residents better and more equitable access to the Library's computer services. It will also allow staff members to better-assist our patrons with information needs in a more timely fashion. The new software is scheduled to be installed in the Kirn Library and all branches by July 1, 2004.

The Library system, by implementing SAM, will come into full compliance with the requirements of the Children's Internet Protection Act (CIPA) by filtering Internet materials deemed harmful to minors. CIPA was recently upheld by the US Supreme Court in a ruling that resolved a constitutional challenge brought by the American Library Association. SAM is specially designed to make it easy for adult patrons to turn the filtering features on or off, as required by the CIPA Regulation.



MACARTHUR MEMORIAL

Douglas MacArthur G.I. Joe Action Figure debuts at MacArthur Memorial. General of the Army Douglas MacArthur is one of the newest additions to Hasbro's line-up of G.I. Joe action figures commemorating World War II Medal of Honor recipients.

The action figure retails for \$19.99, and can be purchased at the MacArthur Memorial, or, beginning in late April, at other toy distribution points. The action figure includes the General's trademark sunglasses, hat and corncob pipe, as well as other accessories. A numbered certificate of authenticity will accompany all figures purchased from the MacArthur Memorial, the final resting place of General and Mrs. MacArthur.

General MacArthur was awarded the Medal of Honor, America's highest military decoration, in 1942 for his "conspicuous leadership in preparing the Philippine Islands to resist conquest" from Japanese forces before and at the beginning of World War II. His famous statement "I shall return" symbolizes American fortitude and serves as a reminder of those veterans who served with distinction during World War II.

The MacArthur Memorial is located at MacArthur Square in downtown Norfolk and is open 10 am – 5 pm Monday through Saturday and 11 am – 5 pm Sunday. For more information contact the Memorial at (757) 441-2965.

NEIGHBORHOOD AND LEISURE SERVICES

Neighborhood and Leisure Services: Taking Care of Norfolk's Children. A large part of the NLS Recreation and Community Services programming is the daily care of children before school, during school and after school hours. Each program has distinct challenges and rewards to help steer the children toward safe, educational, healthy and secure activities.

A sampling of what the various day care programs provide to Norfolk's children is reported each week by the centers and illustrates the 3C's – care, commitment and creativity involved in providing these valuable services.

Crossroads Recreation Center

- At the Crossroads Recreation Center 30 day care participants, ages 5-12 years old, participated in a Tootsie Roll Lollipop Contest. The concept of the activity was to have the children suck the candy until only the stick is visible. A bag of lollipops was awarded to 1st, 2nd & 3rd place winners.
- Mt Trashmore was the destination for 53 children ages 5-12 years old, as they enjoyed an afternoon of fun, kite flying, bird feeding, roller-skating and general outdoor activities.

Fairlawn Recreation Center

- Fairlawn Recreation Center hosted the annual Basketball and Cheerleading Banquet with over 200 athletes receiving trophies and certificates. Following the presentation, over 400 people enjoyed a tasty dinner in the gym.
- The Fairlawn Girls Cheerleaders marched in the annual St. Patrick's Day Parade on Saturday March 13th as parents of the 75 girls proudly watched.
- The Youth Bridge Club met with Mrs. Earle Miller who is teaching 6 teams to play bridge.
- Over 65 children were treated to a skating/pizza party at Hay Good Skating Rink.

Ingleside Recreation Center

- Provided much needed "Early Release Day" care to over 25 neighborhood children as they watched movies, ate popcorn, played musical chairs, sang along with a Karaoke machine, and enjoyed complimentary "Happy Meals" donated by a McDonald's District Manager who is a friend of the center.

Bayview Recreation Center

- Host of the weekly Bayview Recreation Center Environmental Club, Center staff took photos of the recycling activities going on at the Center and provided the photos for the Bayview Elementary School yearbook.
- Staff attended the "Mapping the Path to Success" held at the Botanical Gardens, where they discussed strategies for After School Activities and goals.

Larchmont Recreation Center

- Fourteen children competed in the Single Elimination Foosball Tournament in a safe place with enthusiastic and caring adults.

Merrimack Landing

- Plans are underway for a Girl Scout camping trip scheduled for May 14 -16.

Statewide Neighborhood Conference – Upcoming Event. Plans are now in progress for the next Statewide Neighborhood Conference in Blacksburg, Virginia on October 7-9, 2004. Neighborhood civic leaders and interested persons should plan now to attend this informative conference especially since Norfolk will be hosting the Statewide Neighborhood Conference in 2005. The support of civic leagues and other interested groups are very important in the planning and coordination of this event. Please call 441-2400 for more details of if you are interested in becoming a volunteer or sponsor.

Parks and Urban Forestry

Colonial Park Beautification Project Complete. The planting of Colonial Avenue Park is complete. This neighborhood park was created to provide a green area for residents and consists of trees, shrubs, perennials and groundcover to give year-round color and interest.

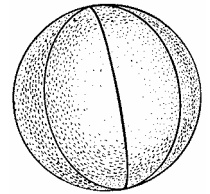
The Planting of Plum Point Park Has Begun. Parks & Urban Forestry crews are planting trees, shrubs, and perennials to give yearlong interest and seasonal color to Plum Point Park. Plans include adding park furniture and pavement repairs, interpretive sign pedestals, and inlays. Some of the work is already underway. Future considerations include a dedication ceremony to be held in late May.



The Plum Point Park project is a joint effort by the Virginia Port Authority and the City of Norfolk and was funded to meet the mitigation requirements for terminal renovations at NIT. The City will maintain it as a public park into perpetuity. The project involves clean-up of site debris, excavation and installation of Class II and Class III riprap for 1600 feet of shoreline, removal of approximately 500 deteriorated piles, planting of 1-acre of wetlands, paving of a bike trail, and landscaping with native plants for a 5-acre public park.

Recreation and Community Services

5th Annual All-Star Basketball Game. On Sunday, March 21, 2004, The Department of Neighborhood and Leisure Services and *B-Poz* sponsored the 5th Annual All-Star Game. With two teams from the City of Virginia Beach, West Norfolk, East Norfolk, Cheerleaders from Maury High School and Fairlawn Recreation Center, the Midget Boys' Basketball team from the Downtown Athletic Association, made this truly a community event..



Taking Care of Norfolk's Seniors. Programs tailored to meet the desires, needs and talents of our aging population and to provide an outlet for creativity, fun, education, physical activity and fellowship. A sampling of activities:

Southside Senior Center

- On Monday, 16 seniors from Southside spent the morning at Military Circle Mall, shopping, having lunch and attending a movie.
- Mrs. Candice Petty from the Norfolk Sheriff Department provided picture ID's to 27 seniors on Tuesday, and on Thursday, Ms. Petty presented important information on Identity Theft to 21 residents following the morning coffee hour.
- Twenty-two seniors at Southside celebrated St. Patrick's Day on March 17th, with poetry reading, a telling of the history of St. Patrick's Day and enjoyed social with

green cookies, green tea and green punch. Prizes were awarded to those who wore the most green.

- On Thursday, March 18, 2004, twenty-one seniors followed by a presentation by Mrs. Candice Petty from the Norfolk Sheriff Department on Identity Theft. The seniors were very appreciative of the information.

Ocean View Senior Center

- On Wednesday, March 10, in preparation for the State Wide Tornado Drill, Ocean View Senior Center staff and 77 senior participants reviewed “Tornado” procedures. When the National Weather Service conducted the Statewide Tornado Drill on Tuesday, March 16th, the drill team was ready to review and monitor the weather by radio, television, and Internet. The well trained staff and informed participants enabled the center to be “Tornado Prepared” and conducted a successful drill.
- On Wednesday 3/17/04, 92 members of the 60+ Club dressed all in green, came together for a business meeting, singing Bingo, card games, ballroom dancing and a hot nutritious meal. An “Irish Parade” of the participants topped off the activities, and the Happy Leprechaun presented one lucky male and one lucky female who wore the most green with a green gift bagged prize.

“New” Ocean View Senior Center. Ocean View Senior Center re-opened March 2nd, after major rehabilitation work on the building was completed. Titustown Center was temporarily used for scheduled Dance Classes, Square Dancing and 60+ Club Meetings, as well as Card Games, BINGO, Lunch, Ballroom Dancing and Black History Month Trivia. In addition to the painting and wood floor refurbishment, 72 very nice new cushioned chairs and a large barbecue grill were added to the Center.

Students Learn from Seniors at Southside. SouthSide Senior Center welcomed two groups of students interested in learning about life as a senior in Norfolk. On Wednesday, March 3, two students from Old Dominion University interviewed four seniors from Southside on basic questions concerning senior retirement; and on Tuesday, March 2, sixteen seniors received free hair care, with shampoo, blow-drying, and hair-cuts in the annual Hair Care at the Hampton Roads School of Technology.

And the Beat Goes On...The beat of Steel Drums and Hand Drums encouraged 34 dancers, including 7 Girl Scouts, 10 teenagers, and 17 8-12 year olds to participate in a free African, Caribbean, Hip-Hop dance workshop held on Saturday March 6, 2004 at the Merrimack Center. The Center gratefully acknowledges the artistry of Maleda who provided the instruction, drumming and music in an effort to increase registration in movement classes offered through Dance



Music

A New, Bright Face-Lift Greet Swimmers as Northside Pool Re-opens. Northside Pool re-opened after its three-week closure with a new, bright face-lift from the newly painted walls to the new tiles in all lobby area, hallways and offices. All patrons are receiving the new look warmly.

The Norfolk Silver Dolphins Re-caps 2003/04 Season. Over 90 young swimmers, ages 6-17 represented a 200% growth since the 2000-2001 season. With 72 swimmers qualified for the VCSL Championship, this is the 2nd year in a row that Norfolk has had over the 60 maximum. Twelve swimmers are registered for USA Swimming, and 8 USA Swimmers qualified for the BB/A Championship (35 events). Last year, 3 swimmers qualified in 8 events. This year, for the first time in the Norfolk Silver Dolphins 14 year history, there are 2 swimmers representing NSD, and the city of Norfolk, at the USA Swimming State Championships (a.k.a. JO's / Junior Olympics) to be held in Manassas, VA, March 19-21st, 2004. Zac Paryzek and Madison Hahn, both 9 years old, qualify to swim 13 combined events (Zac with 10 and Madison with three.)

Silver Dolphins Compete. The Norfolk Silver Dolphins participated in the championship swim meet held on Saturday, March 27 at the Huntersville Pool. There were 230 swimmers and 175 spectators in attendance and 84 volunteers at this event. The rankings are as follows:

6th place- Norfolk Barracudas Houston Boys and Girls Club

5th place- Franklin Y.M.C.A.

4th place- Suffolk Y.M. C. A. The Gators

3rd place- Norfolk Silver Dolphins

2nd place- Hampton Sharks

1st place- Richmond Racers

Northside Pool Swimming Class Registration. Aquatic Spring Swim Registration began Saturday, March 13. Over 70 participants arrived as early as 5:30 a.m. at Northside Pool and queued up before the doors opened at 7:30 a.m. sharp. By 8:30 a.m. 95 % of the youth classes made maximum enrollment within that first hour, and everyone in the "line" got into the classes they wanted.

Youth Development

Stereotypes on Television Discussed. Diversity” was the topic of the day at the Norfolk Connecting with Success (NCS) meeting held Saturday, March 6, 2004 at the Division of Youth Development, where youth representatives discussed stereotypes on television, gender bashing and other “image” issues. The meeting provided feedback from

representatives and offered some effective ways to curb negative images about individuals who may seem different. NCS representatives, ages 13-17 represent area recreation centers during this monthly meeting.

Afterschool Initiative Begins on a Positive Note. Jerauld Jones, Director of the Department of Juvenile Justice for the Commonwealth of Virginia, and keynote speaker, provided the spark to Norfolk's first Afterschool Provider Forum held at the Norfolk Botanical Garden on Thursday, March 11, 2004. Mr. Jones shared the important responsibility of childcare providers and encouraged them to do everything possible to give youth the proper tools they need to succeed in life.. Results of the forum will be distributed to attendees as part of the initiative's goal to implement citywide standards for afterschool programs and develop a model afterschool program for middle school youth.

Neighborhood Service Centers Support Tornado Preparedness Day. The Neighborhood Service Centers participated in the "Tornado Preparedness Day "on March 16, 2004 by conducting a tornado drill. Staff and customers utilizing the centers participated in the drill. Each department insured that all staff and customers were evacuated to safe locations throughout the buildings. All tornado drills were conducted safely without any incidents in the neighborhood service centers. Customers were also encouraged to conduct emergency plans and preparedness drills in their homes for family safety.

Upcoming Event at the Park Place Neighborhood Service Center. The American Red Cross in partnership with the Park Place Neighborhood Service Center is sponsoring a Senior Saturday Adult Dental Clinic on April 24, 2004 for senior citizens 60 years old and older. The special clinic will provide extractions and fillings to those who qualify for this event. Space is limited and screening is required. Screening will take place April 16, 2004 at 12 Noon at the Park Place Neighborhood Service Center located at 606 W. 29th Street. Interested persons must bring with them proof of income; proof of Norfolk residency; a picture ID and \$15.00 co-payment. No appointments can be made by telephone. Call 446-7756 for more details.

Little Creek Offers Real Estate Tax Assistance. The Little Creek Neighborhood Service Center hosted Real Estate Tax assistance to senior citizens to community residents in the northern portion of the city. Residents were very appreciative of this service provided by the City of Norfolk Commissioner of Revenue Office.

In celebration of 2004 National Women's History Month, visitors were provided information and handouts about this year's honorees. This year's theme is "Women Inspiring Hope and Possibility". Approximately 90% of the individuals utilizing the many services and programs in the center are young girls and women. It is estimated that over 250 visitors received handouts.

Neighborhood University – Successful New Course. The Public Speaking Mastery class held on Saturday, March 13th at the News Channel 3 (WTKR) Station was a rousing success. A total of 44 graduates completed the course -- that's the most Neighborhood University has ever had complete a course at one time! Participants included a wide array of citizens including civic league presidents; ministers; city staff; business leaders; community volunteers; professionals as well as non-professionals at various learning levels. This is the most popular course offered by NU to date.

Instructors for the course were Dr. Bertha Escoffery, NSU Professor; Dr. Sarah Lang, Retired Professor at NSU and Mrs. Ruth Jarvis, Retired Instructor at NSU. Each of the instructors did an excellent job teaching the course. Class evaluations reflected excellent ratings for the first time Public Speaking Mastery course and each of the instructors. The majority of participants indicated they were very pleased with the course. Participants also indicated in their evaluations that they wanted a Public Speaking Mastery II course added with extended sessions and the same instructors. Comments received from participants were overwhelmingly positive and rewarding. Participants indicated they now felt more comfortable speaking in front of an audience after taking the course.

Statewide Neighborhood Conference. Plans are now in process for the next Statewide Neighborhood Conference to be held in Blacksburg, Virginia on October 7-9, 2004.

Neighborhood civic leagues and interested persons should plan now to attend this informative conference especially since Norfolk will be hosting the Statewide

Neighborhood Conference in 2005. The support of civic leagues and other interested groups are critical to planning and the coordination of a successful conference in Norfolk next year. Please call 441-2400 for more details or if you would like to be a volunteer or sponsor.

Community News – Division Supports Homeownership Workshop. Neighborhood Services staff provided a Neighborhood University exhibit highlighting the Division of Neighborhood Services; Neighborhood University (NU) classes; Neighborhood Service Centers; Neighborhood Pride Trolley Tours; PACE; National Night Out; World Changers and other departmental handouts. Neighborhood Services staff was available to answer questions related to program services.

The Homeownership Fair was well attended by over 45 participants. Information packets were distributed to participants that contained a wealth of information on the homeownership process. Facilitators provided participants with essential tools needed to prepare them for homeownership. The Homeownership Fair was a community-building event sponsored by Second Calvary Baptist Church and supported by several community groups, the business community and the Division of Neighborhood Services in support of building strong neighborhoods.

Neighborhood Service Centers

The vision of all Neighborhood Service Centers is to enhance the quality of services, programming and service related activities to ensure Norfolk citizens live in healthier and safer neighborhoods. Each Neighborhood Service Center is committed to quality customer service and building stronger neighborhoods.

Neighborhood Service Centers, previously referred to as multi-service centers, are strategically located throughout the city to provide quality service delivery of health, educational, recreational, and social programs to Norfolk citizens.

News articles listed below contain program events at the following Neighborhood Service Centers:

Berkley Neighborhood Service Center, 925 S. Main Street

- **Girl Scouts Of America** - will meet each week on Monday, from 6:30 – 8 pm.
- **May Film Festival** – Residents in the Southside community will enjoy seeing a month of special movies at the center. For dates and times of movie events, please call 664-6477 or 664-6460.
- **May Day Senior Activity** – May 3, 2004 at 11:00 a.m., senior citizens will kick-off the Spring Season with a traditional Wrapping of the Maypole activity. During the month special movies will be shown during the day for senior citizens and other visitors/clients visiting the facility. Please call 664-6484 or 664-6460 for further details.
- **Mother's Day Celebration** -- On May 7, 2004, the staff at the Berkley Neighborhood Service Center will honor all Mother's visiting the center by presenting them with a beautiful carnation and serving light refreshments at 12 Noon. For further details, please call 664-6460 or 664-6477.
- **Father's Day Celebration** -- On May 18th, 2004, the staff at the Berkley Neighborhood Service Center will honor all Father's visiting the center with a special travel kit containing men toilet articles and other goodies. For further details, please call 664-6460 or 664-6477.

Huntersville Neighborhood Service Center, 830 Goff Street

- The Huntersville Neighborhood Service Center is planning a Community Day event in August, 2004. Special efforts are being planned between staff and

various community partners for a great day of fun for all ages, entertainment, special program exhibits and good food. Please call the Huntersville Neighborhood Center at 664-7400 for more details.

Again this year, the Division of Neighborhood Services worked in partnership with the Division of Recreation and Environmental Services to clean up Norfolk neighborhoods in the National Keep America Beautiful Project. Staff, civic groups and volunteers worked jointly in each of the neighborhood service centers to clean up trash and other debris off center grounds and neighboring communities. This year a total of 74 bags of trash were collected in the clean up.

A breakdown of trash collected by center area is as follows:

- Berkley NSC – 30 bags of trash collected; 25 volunteers; 4 hours of volunteer service time
- Huntersville NSC – 2 bags of trash collected; 1 youth volunteer; 1 hour of volunteer service time
- Park Place NSC – 36 bags of trash collected; 12 volunteers; 2 ½ hours of volunteer service time
- Little Creek NSC – 6 bags of trash collected; 5 youth & 2 adult volunteers; 2 hours of volunteer service time

Special thanks are extended to all staff, volunteers and community leaders for their support of this year's event.

Park Place Neighborhood Service Center, 606 W. 29th Street

- The American Red Cross in partnership with the Park Place Neighborhood Service Center is sponsoring a Senior Saturday Adult Dental Clinic on April 24, 2004 for senior citizens 60 years old and older. The special clinic will provide extractions and fillings to those who qualify for this event. Space is limited and screening is required. Screening will take place April 16, 2004 at 12 Noon at the Park Place Neighborhood Service Center located at 606 W. 29th Street. Interested persons must bring with them proof of income; proof of Norfolk residency; a picture ID and \$15.00 co-payment. No appointments can be made by telephone. Call 446-7756 for more details.
- The Park Place Neighborhood Service Center participated in the Keep America Clean Project by jointly working with community leaders, staff and volunteers to clean up grounds around the facility and adjacent Monroe Elementary School. A total of 36 bags of trash were collected in the clean up.

- A total of 74 bags of trash were collected by the neighborhood service centers for the Keep America Clean project.

Little Creek Neighborhood Service Center, 7665 Sewells Point Road

- The Little Creek Neighborhood Service Center participated in the “Clean-Up Norfolk Campaign on March 25, 2004. A total of five (5) youths from the Norfolk Juvenile and Domestic Relations Court Unit assisted administrative and custodial staff in removing debris on center property. A total of 6 bags of trash were collected.
- The Norfolk Department of Public Health’s Real Alternatives to Pregnancy (RAP) in partnership with the Little Creek Neighborhood Service Center is offering a new program, “Beware of the Love Bug”, for youth ages 13-18 years old. The 5-week program includes information and group sessions about HIV/AIDS and STD. For further details, call 664-6300.

Volunteers Still Needed. Anyone interested in volunteering to work in any of the Neighborhood Service Centers or other programs in the Division of Neighborhood Services should contact Intern, Shawn Cook at 441-2400 for further details.

Community News

Keep America Beautiful Partnership Effort. Again this year, the Neighborhood Service Centers will work together in a joint partnership with Recreation and Environmental Services to clean up Norfolk neighborhoods in the Keep America Beautiful project. The event this year is planned for March 27, 2004 from 9:00 a.m. to Noon; however, civic groups and community partners have plans to target various clean up projects prior to this event.

- **World Changers**

Plans to repair 25 roofs this summer by World Changers volunteers are in progress. Additional general repairs are also being considered to meet the large demand for repairs as a result of Hurricane Isabel. Volunteers are expected to arrive in Norfolk March 23-26 to finish housing assessments.

- **PACE Sector Team Meetings**

The location of PACE Sector Team meetings was moved from the Huntersville Neighborhood Service Center, 830 Goff Street to the Park Place Neighborhood

Service Center, 606 W. 29th Street. Contact the Park Place Neighborhood Service Center at 664-7500 or call 441-2400 for team meeting schedule.

Volunteers Needed

Anyone interested in volunteering to work in any of the Neighborhood Service Centers or other program areas in the Division of Neighborhood Services should contact Intern, Shawn Cook at 441-2400 for further details.

POLICE ASSISTED CITIZEN ENFORCEMENT

World Changers. Plans are proceeding with the repair of 25 residential roofs this summer by World Changers volunteers. Additional general repairs are also being considered to meet the large demand for repairs as a result of Hurricane Isabel.

National Night Out. Plans are now in progress for this year's event to be held on Tuesday, August 2, 2004. To implement this process, three committees have been formed to address the following:

- 1) City-Wide National Night Out Picnic – July 31, 2004
- 2) Neighborhood March – August 2, 2004
- 3) Publicity Activities

NORFOLK BOTANICAL GARDEN

BECOME A MEMBER TODAY! Norfolk Botanical Garden is a great place to entertain, exercise or escape. A Norfolk Botanical Garden membership allows *year-round* access to one of the largest, most extensive collections of azaleas, rhododendrons and roses on the East Coast.

Norfolk Botanical Garden staff continually works hard to maintain and expand on the Garden's 155 beautiful acres of vistas and landscapes, making your membership at the Garden *priceless*. Our membership comes with numerous benefits and discounts making it the greatest value around.

With memberships **starting at \$35 (for seniors, students and military)**, you can not find a place that provides more beauty for your dollar!

By joining as member at Norfolk Botanical Garden, you can enjoy all our Garden has to offer; on top of that you can use your membership to gain free admission at over **100**

reciprocal gardens. If you are looking for a unique gift, membership to Norfolk Botanical Garden also makes a great gift for any reason or season or for that acquaintance that is a nature fanatic.

Membership is crucial to Norfolk Botanical Garden's continuing *growth and success*. By joining as a member you contribute to the future and preservation of Norfolk Botanical Garden.

Should you have any questions about membership or its benefits, please call the membership department at 757/441-5830 ext. 326, check us out on the web at www.norfolkbotanicalgarden.org or email us at membership@nbgs.org.

Norfolk Botanical Garden Awarded \$500,000 Kresge Foundation Grant. Norfolk Botanical Garden has been awarded a \$500,000 grant from the Kresge Foundation in Troy, Michigan to support construction of *World of Wonders – A Children's Adventure Garden*.

The Kresge grant has been issued as a “challenge.” Norfolk Botanical Garden has 12 months (until April 1, 2005) to complete the \$6 million capital campaign goal in order to meet the Kresge challenge and receive the Kresge funds.

To date, \$4.3 million has been raised in 215 gifts/pledges from individuals, corporations, and foundations. An anonymous challenge gift of \$1 million from a Norfolk individual launched the campaign. Additional major gifts include: the City of Norfolk (\$900,000); the Kresge Foundation; the Norfolk Foundation (\$300,000); Josh & Betty Darden (\$250,000); the Alison J. Parsons Foundation (\$100,000); and the Mary Morton Parsons Foundation (\$100,000).

The Kresge Foundation makes challenge grants to non-profit organizations solely for bricks-and-mortar projects. In 2003, the Foundation reviewed 551 proposals and awarded grants totaling \$105 million to 145 charitable organizations in 35 states, the District of Columbia, and 2 foreign countries. Grants are made to institutions in higher education, health and long-term care, arts and humanities, human services, science and the environment, and public affairs.

The Kresge Foundation is an independent, private foundation created by the personal gifts of Sebastian S. Kresge. It is not affiliated with any corporation or organization.

Norfolk Botanical Garden launched its *World of Wonders* capital campaign in January, 2003. Campaign Honorary Chair is Betty Darden; Campaign Co-Chairs are Gay Savage and Curtis Hall; and Board President is Dana Parker.

The Children's Garden, *World of Wonders*, is a part of Norfolk Botanical Garden's 1991 master plan. At 3 acres, it will be one of the largest Children's Gardens on the East Coast. It will cost around \$4 million to construct. An additional \$1 million is being raised to endow the new facility and \$1 million for other smaller projects at the Botanical

Garden. Officially, ***World of Wonders*** is designed for children ages 4 -14. But unofficially, the garden is for EVERYONE. No matter if you are young or old you will find it amazing to wander through.

PROJECT UPDATES

City Hall Marble repairs – work is coming to completion for this phase of funding. Work on the marble at the front door of city hall is the last step of existing funds. We did work on the city hall tower, circuit court and general district court as well as the front of city hall and some windows around the complex.

Public Safety Building HVAC – we are complete with the units for the lobby area of the public safety building. Only item remaining is the paperwork. The contractor is holding up as we are assessing damages due to lengthy delays he caused.

Public Safety Building roof – with above complete the new roof for this section is being applied. Should be complete in around 30 days.

Town Point Garage Façade – This is the 100 block of Granby St. The ceiling material was shipped last week and should be installed starting this week. Banners are being adjusted to reflect and pick up the colors of the Design Center located in this facility. Work should complete before June.

Courts Study – Consultants are on board and work is progressing on defining the number of courts we expect over the next 30 years and then the staffing in support of those courts. Then we will turn to site selection options. This will culminate with recommendations on a consolidated court house. The next two fiscal years will fund the design of the facility and then construction will proceed if we remain on plan.

Jail elevator – work has begun on the oldest tower main elevator to modernize it and reduce breakdowns.

Police Operations Center – Bids were due March 23 for the interview rooms. The work is to upgrade the interview rooms to state standards.

Selden Arcade – Bids have been received. They are being reviewed so that we can move to award. Some additional funding will be required.

Circuit Court Judges parking – parking is in place. Public Works is nearly ready to bid the security fencing and gates related to the project.

Elmwood Cemetery Gate repair – This repair is being done due to a vehicular accident. The motorist insurance will pay for repairs.

13th View Boat ramp – Clark Nexsen has assessed the damage from the hurricane. Most of it is underwater. We will work to get the smaller ramp open as soon as possible but the larger ramp may take time. Dredging permits will be required.

Skipjack Updates

- Vessel is slowly deteriorating
- The cost for restoration would be \$100,000 - \$150,000.
- Additional funds would be needed to maintain the vessel
- Since the vessel is currently out of the water, a decision will need to be made very soon about the Skipjack's future. It is hoped a buyer will be found. If not, the committee will need to consider next steps for this historic vessel.

City Making Progress in the Permanent Repairs to Beach Access Ways. City staff is making significant progress in repairing 28 local beach access ways damaged by Hurricane Isabel.

From the beginning of this restoration project, staff has worked to ensure that there is continued access to the City's three public beaches (Sarah Constant, Ocean View Beach Park & Community Beach). We have met this objective by using a combination of temporary and permanent repairs that have included:

- ☐ Completion of temporary repairs and the building of new stairs to an access way at Ocean View Beach Park.
- ☐ Building of temporary stairs to provide beach access at Sarah Constant Beach Park.
- ☐ Repair of beach access ways at Grove and Belmont streets. Staff anticipates completion of this work by mid April.

These projects will result in opening 11 of the 28 beach access ways. The remaining 17 severely damaged or destroyed beach access ways are scheduled for repair/replacement by Public Works. This number also includes making permanent repairs to temporary accesses at Sarah Constant and Ocean View Beach Park. We are projecting completion of all work for the 28 damaged beach access ways by June.

Emergency Repairs Scheduled for 161 Granby Street. Efforts are ongoing to ensure the structural integrity of 161 Granby, a commercial building that housed Deli Plus and two small businesses. The building, owned by Bobby Wright was placarded by the City on March 25, 2004 as unsafe and ordered evacuated after the discovery that the first floor structural slab could possibly collapse.

Since that time, City staff has worked in a collaborative fashion with the property owner, the property owner's structural engineer and



architect to stabilize the building. The City has issued building permits for emergency repairs and demolition work that will include: removing the parapet; removing loose brick from around the building; removing the chimney; and removing the metal trash chute. These repairs will occur over two consecutive Sundays: April 18th and April 25th. The repairs may result in the closing of City Hall Avenue and a partial closing of Granby Street on these two dates. Subsequent repairs outside the scope of these emergency repairs will require separate permits.

Please note that the property owner has not provided the City with a timetable for re-occupying the building. The building will undergo an extensive renovation after the emergency repairs are completed. The renovation will include correction of the one degree-plus building lean. Work to correct the lean is essentially an engineering marvel and will be undertaken by the same engineering firm that relocated Cape Hatteras Lighthouse.

PUBLIC WORKS

April is Pothole Month. Potholes are considered a spring phenomena. They form when moisture seeps beneath the roadway surface and the winter freezing and thawing weakens the asphalt. Vehicles traveling over the weakened asphalt cause crumbling of roadway segments creating potholes. The month of April in Norfolk, as a result, is designated as pothole month.

This year's mild winter will result in fewer repairs than the 5,898 potholes Streets and Bridges completed in March and April of 2003. Residents during this time period are encouraged to identify and report potholes on Norfolk streets. Streets and Bridges' crews work diligently to complete all potholes repairs reported by the end of April. Please note that while residents are specifically encouraged to report potholes during the month of April, pothole repairs are completed throughout the year.

DID YOU KNOW? Last year, Streets and Bridges repaired 5,898 potholes in March and April.

The month of April is set aside specifically for pothole repair in the City of Norfolk. The Streets and Bridges crews make sure all potholes reported to the City are repaired by the end of April. While you are encouraged to report potholes during the month of April; potholes are repaired throughout the year. You may call, e-mail, or write at any time to report potholes.



To report potholes, contact the Department of Public Works' Division of Streets & Bridges customer service at 823-4050 or email us at www.norfolk.gov/publicworks/report_pothole.asp. You may also write to the City of

Norfolk, Department of Public Works, Division of Streets & Bridges, 2205 McKann Ave., Norfolk, VA 23509.

WHAT IS IT ABOUT POTHOLES THAT ALLOWS THEM TO HAVE A MONTH TO THEMSELVES?

As a result of the freeze-thaw cycle on the streets during the winter months, concrete breaks up and causes potholes. Therefore, in the spring, more potholes are “born” than at any other time of the year. Streets & Bridges crews work diligently during the month of April to repair all potholes throughout the City.

HOW DO YOU HELP PREVENT POTHOLES?

One way City crews prevent potholes from forming is by applying an asphalt material to fill in the visible surface cracks in streets. This method essentially prevents water from seeping in the concrete and reaching the base material that supports the streets. As a result, the treatment saves on maintenance costs and extends the life of the paved surface. Yet, “until there are no more drivers on the roads and streets, potholes will continue to be apart of our daily driving experiences.” ~ Anonymous: A pothole expert

Abandoned Shopping Cart Pilot Program Underway. The Department of Public Works’ Division of Environmental Storm Water Management and Division of Towing have partnered with local businesses in a pilot program to retrieve abandoned shopping carts. The objective of this six month pilot program, which began in January, is to eliminate blight caused by shopping carts left on parkways, sidewalks or streets and minimize potential shopping cart hazards for pedestrians and drivers.

The Division of Towing has arranged to have abandoned shopping carts that belong to Farm Fresh, Food Lion and Super K-Mart picked up and returned to their respective stores. The cost for this service is \$10.00 per cart. Currently, staff is picking up an average of 100 abandoned carts a month.

The pilot program’s funding is being augmented primarily by the “Vacant Lot Clean-Up” program and storm water funds. An evaluation of the program’s cost and benefits will determine its efficiency and effectiveness as well as if there is potential for expansion of the program to serve other businesses.

2003 Towing. Norfolk’s impound lot received 7,511 towed vehicles in calendar year 2003. This large volume of vehicles in the City’s custody requires a commitment to maintaining the highest level of security at the facility. This commitment is carried out through a multi-faceted security plan. Specific security features that are in place to prevent incidents such as those sited in Portsmouth include:

- ✓ A completely fenced facility
- ✓ Controlled access
- ✓ Night lighting
- ✓ Sixteen cameras strategically located throughout the facility
- ✓ Staffing of the impound lot seven days a week...24 hours a day

Moreover, the high volume of vehicles towed into the facility requires that staff conduct inventory on an ongoing basis. These elements of the impound lot's security plan have proven effective in preventing the theft of vehicles or the theft of articles from vehicles that are in the City's custody.

No Signs In City Right of Ways. It is illegal to place advertising or political signs, posters, banners, etc., on public property or city right of ways. This includes median strips, trees, utility poles, fences, sidewalks, and the grassy areas between the curb and sidewalks.

Any signs found in the city right of way will be removed and destroyed. Placement of signs on the city right of way is a Class 4 misdemeanor punishable by a fine of not more than \$250.

HR3 Classroom Scholarship Program. Classroom teachers planning projects in the area of water conservation, storm water management, pollution prevention, litter control or recycling are eligible to apply for up to \$250 to help defray the cost of special classroom activities and projects. For more information, visit www.hrwet.org, www.hrstorm.org, or www.hrclean.org!

Spring Is Here!! Now that spring is officially here remember to be kind to the Bay. Do not over use fertilizers or use environmentally friendly products. When cutting your grass or trimming leaves, bag debris for waste management to pick up. ***Help us keep our water ways clean. Remember, "Nothing But Rain Down Storm Drains!"***

Street Sweeping Schedules Available. Street sweeping schedules are available at all City of Norfolk Public Libraries, City Hall Information Desk and by calling the Division of Environmental Storm Water Management at 823-4003. For any questions about street sweeping in your area, contact Sharon Harris, Public Information Specialist at 823-4003.

TRAFFIC

Hampton Roads Planning District Commission. The HRPDC staff, as part of the Congestion Management System (CMS) program, initiated a comprehensive regional safety study in 2001.

The study has resulted in the development of a Hampton Roads automobile accident database. The database provides a wide array of information including total number of accidents, accident locations, and property damage, as well as the causes of traffic crashes. The crash analysis and countermeasures information will assist Public Works in improving road safety in our community. In addition, the information provided will assist in securing future funding to incorporate high-crash location projects into the State's Transportation Improvement Program.

UTILITIES

Emergency Standby Power Installed. The Norfolk Department of Utilities recently completed the installation of emergency standby power at the Moores Bridges Water Treatment Plant. The five new backup generators at Moores Bridges and the previously-installed generator at the 37th Street Water Treatment Plant ensure that high quality drinking water will continue to be produced and pumped to all of Norfolk's customers, even in the face of extended power outages.

Hampton Roads will not soon forget the impact of Hurricane Isabel on the region. While the storm left thousands of residents without power for as many as 14 days, Norfolk water customers did not go without essential water services. Three rented portable generators at Moores Bridges and the permanent standby generator at 37th Street kept the treated water flowing.

Ahead of schedule, within budget.....On April 14, 2003, the emergency standby power project began at Moores Bridges Water Treatment Plant. In less than a year, the original contract timeframe, the generators are operational. The \$3.7 million project includes five 1600 kilowatt generators fueled by two 15,000-gallon diesel fuel tanks.

"With 30,000 gallons of fuel, the generators will power the whole plant and continue water treatment for about four days before we would need to refuel," said Rick Saul, Water Production Manager.

According to Saul, this investment assures the city that its water system is prepared for loss of power during disasters such as Isabel.

"As accurate as the weather service is nowadays," he said, "we still didn't know if Isabel was going to hit us directly. It could have taken a turn on Tuesday, but we needed to make a \$100,000.00 decision to bring in the generators before then. If we had waited, they would have been rented by someone else. Everyone was preparing for the worst."

In short, if the generators were brought in and the hurricane had not hit, the city could have spent up to \$50,000.00 without any direct and measurable advantage. If the generators had not been brought in, the city would have saved the money, but that could have resulted in a shutdown of the water treatment process.

Set for the future.....Now the City of Norfolk never has to worry about those types of decisions again. The water treatment plants are prepared for any power outage.

“If the power grid were to go down like happened in New York, Moores Bridges would still operate,” said Mr. Saul.

The larger of the city’s two water treatment plants, Moores Bridges currently treats about 60 million gallons of water a day (MGD), which can be handled by the massive generators. In the future, should the need grow to 108 MGD, the treatment plant and its generators stand ready to treat and pump that volume as well.

Upcoming protection for raw waterpumping station.... Unless the lake water is pumped to the water treatment plants, there can be no finished drinking water for Norfolk’s customers. The Department of Utilities is now planning for the installation of backup generators for the Western Branch Pumping Station, which supplies untreated lake water to both Moores Bridges and 37th Street.

The design phase for the Western Branch Pumping Station emergency power project is 90 percent complete. Like the treatment plant generators, those at Western Branch will keep the water flowing, even in the face of a power outage, and will allow the City of Norfolk to continue to serve its 700,000 customers with high quality drinking water.

UTILITY DEPARTMENT ENSURING NORFOLK RESIDENTS HAVE HIGH QUALITY H2O...

Major media outlets in recent weeks have reported on the high concentration of lead levels found in the drinking water of the Washington D.C. area residents. Lead in drinking water can cause a variety of adverse health effects...for example; exposure to high levels of lead in drinking water by infants and children can result in delays in physical or mental development. For adults, high levels of lead in drinking water can result in kidney problems or high blood pressure.

Fortunately, this is not a problem for Norfolk, partly due to an aggressive campaign that began in the 1980s to remove lead pipes from the system. For many years, Norfolk tested specifically for lead in the drinking water of 200 homes annually. These samples have consistently demonstrated that lead was not an issue for the Norfolk Water System. Because of Norfolk’s excellent record, the Virginia Department of Health reduced Norfolk’s lead monitoring requirement to 50 homes every three years.

Norfolk’s water, in addition to lead testing, undergoes 56,000 quality and safety tests each year. Waterworks operators and chemists at the City’s two water treatment plants monitor water quality 24 hours a day, seven days a week. They also randomly test water at locations around the City and at customers’ homes upon request.

ZOO

Taking Care of Norfolk's Special Population. The second annual "Day for disabled at Virginia Zoo" regional event will be held on May 1, 2004. The Therapeutic Recreation Center and Advisory Committee, the Virginia Zoo, Eggleston Services, and the Norfolk and Virginia Beach Mayors' Committees on Disability Services are sponsoring this year's *Carnival* theme.

Throughout the Zoo and in the tented area among vendor booths/display tables, there will be games (Duck Pond, Pin the Animal with it's Body Part, Ball Toss and Cake Walk), crafts (Flower Pot Pens, Beaded Jewelry and Sand Art), Food activities (Worms in Dirt and Diabetic info/Lemonade stand) and interactive activities (Face Painting, Cartooning, and Magician/animal balloon making.) In addition, there will be wonderful entertainment from "Smart Ones" a Richmond based advocacy group performing demonstrations: Tai Chi, Acting/Drama and Dance/Gymnastics. Tanners Creek is going to have a "Plant with Tanners Creek" session and possibly a magic show and musical entertainment.

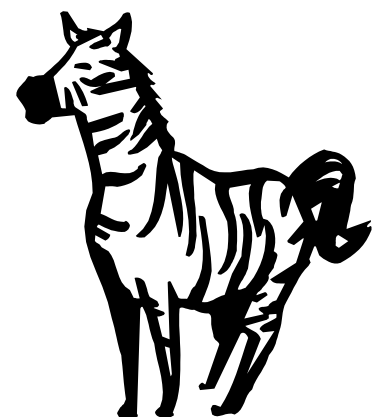
At last year's event over 1,500 citizens attended of which 241 were disabled citizens who entered the zoo at no cost. This provided great public awareness for the Hampton Roads Therapeutic Recreation advocates and professionals as well as focusing on the many other support services for people challenged with a temporary impairment or disability.

Besides being a fun and informative event, the Day for disabled at the Zoo provides Therapeutic Recreation practitioners an opportunity to show the unity achieved by the Hampton Roads professionals and to demonstrate the diversity of various programs across the region.

First Zebra Birth At Your Virginia Zoo. Your Virginia Zoo is proud to announce the birth of a female Grant's zebra (*Equus burchelli*) on April 5, 2004 at approximately 7:30 p.m. This is the first Grant's zebra birth for the Virginia Zoo. The foal, a female, was born after a gestation period of 11 to 13 months. This is the first offspring for parents Zeke and April.

The foal stood within minutes after birth and is being mother reared. The mother and baby are currently on exhibit by themselves to allow time for the foal to gain strength and a maternal bond to form before allowing the male zebra and rhinos back on exhibit in the Okavango Delta African plains exhibit.

Grant's zebras live in family groups and can run up to 40 m.p.h. Each zebra has a unique pattern - broad black stripes on a white background, going clear down to his or her hooves, setting them apart from other zebras. Every zebra's stripe pattern is as unique as a human's fingerprint. Zebras weigh about 500-600 lbs., and their average height is 50-55 inches. The potential life span is 25 to 35 years.



Virginia Zoo is located at 3500 Granby Street in Norfolk and open 362 days a year from 10:00 a.m. to 5:00 p.m. Admission for adults is \$6.00, seniors ages 62 and over are admitted for \$5.00 and children ages 2 through 11 years are \$4.00. For more information visit www.virginiazoo.org.

Prairie Dogs to Construct Final Phase Of Zoo Exhibit Once They Awaken From Hibernation. The Prairie Dog Exhibit at the Virginia Zoo was recently completed, except for the tunnels, which the prairie dogs will construct once they arrive in Norfolk (the prairie dogs are still in hibernation).

The exhibit is scheduled to open in June 2004. This is the first interactive exhibit at the Zoo. It will allow both adults and children to travel underground to experience the animals' burrow from one of five windows that place them in the middle of the habitat.

The project involved the construction of approximately 3,000 square feet of naturalistic concrete rockwork formations, as well as extensive earthwork, drainage systems, custom handrails, landscaping and irrigation. The general construction contract is complete, but the last "subcontractors" or occupants; the prairie dogs need to dig their own tunnels.

The Center for Disease Control and the Food and Drug Administration's quarantine delayed the prairie dogs arrival from their current home at the Prospect Park Zoo in New York. This was due to concern over the spread of the monkey pox virus. However, the Virginia Zoo has received a waiver on the quarantine and will receive the prairie dogs when they awaken from hibernation.

FYI

NORFOLK CARES ASSISTANCE CENTER

Hours of Operation

Monday—Friday
8:00 am - 6:00 pm

Not-including holidays.

Leave a recording after hours and the complaint/request will be processed the first business morning.

What is the Norfolk Cares Assistance Center?

The Norfolk Cares Assistance Center was established in direct response to requests from Norfolk citizens and City Council to improve the processing of citizen complaints and concerns. By simply dialing the 664-6510, citizens and workers can report concerns, obtain information on any City service, or check on City response to previous complaints and requests for service.

This number is staffed Monday through Friday 8:00 am to 6:00 pm.

After hours, citizens are welcome to leave a message concerning a complaint or request for service, which will be processed as soon as staff arrive the next business day. Citizens can also request a call back, specifying a convenient time for the callback.

What kind of assistance can I expect?

When you call 664-6510 or file an E-MAIL REQUEST, you can expect a courteous, friendly individual to assist you with your request. While the Call Center was set up to specifically deal with Environmental or Codes questions or reports, the staff can assist you with any request. If our highly trained staff is unable to answer a technical questions, they will happily put you in contact with the individual with the expertise needed.

How do I register a Complaint?

Jot down information such as the nature of your complaint, the address and the length of time the issue has been going on. Then call 664-6510 number and explain your concern in as much detail as possible. Landlords, civic leaders, neighbors or commuters are all welcome to share their concerns. The staff will assess your information and forward to the appropriate City Department with the responsibility for resolution.

Do I have to leave my name?

No. All complaints are kept confidential and will not be revealed to anyone other than the Inspector or City Employee who is assigned to it. However, it is extremely beneficial that the City employee tasked with resolving the issue have a name and phone number to follow-up or obtain further information. Should you choose not to leave name and phone number you may always call back to check on the progress.

How long will it take?

The length of time to correct a problem or respond to a request will vary. Many violations require, by law, give violators a specified amount of time to correct the violation, while others may be taken to court. In other instances, the problem may not now be a violation under City law and resolution may be more complex.

Will you tell me what happened?

Yes. The Call Center has an obligation to track all concerns from the time they are logged in, assigned to the "Action Department," through abatement. We maintain this record on our computers.

You may contact either the Inspector/City Employee assigned to the concern or you may call the Call Center to receive information on the progress of the concern.

Please understand due to "privacy issues" we may not be able to release all information related to the concern if you are not the Property Owner.

"YOU'RE BEST FRIEND IS WAITING FOR YOU AT THE NORFOLK ANIMAL MANAGEMENT CENTER!"

It is not only our motto, but also our way of life. Not sure what I am talking about? Then come and visit us for "Adopt-A-Friend Day". The Norfolk Animal Management Center will be hosting this event on May 22 from 10:00 a.m. until 4:00 p.m. It is our goal to raise public awareness of the shelter's existence for the animal adoptions and reclaiming lost pets. Shelter employees and Humane Officers will be available as well as answer questions about pet care and laws regarding animal welfare. Not only will there be many wonderful pets available for adoption, but various organizations such as the Virginia Zoo, Norfolk SPCA, the Norfolk Police K-9 Unit and Harbor Patrol will be giving demonstrations throughout the day. We will also have an Animal Behaviorist on hand to answer questions about animal training and acclimating a new pet into your home. There will be a face painter for the children, and lots of door prizes for adults. Come out and join us for the fun and festivities! And remember..."Your best friend is waiting for you at the Norfolk Animal management Center."

Norfolk Animal Management Center is located at 5585 Sabre Road, Norfolk, VA 23502, (757) 664-PETS

ONE MILLION WORKERS MISSED WORK TODAY

In the U.S. the same thing happened yesterday and the day before that. It will happen again tomorrow. The cause? Workplace stress. Still think you don't need to be concerned about good mental health?

Anxiety-related disorders cost the U.S. \$42 billion a year in work-related and medical losses. Work related stress can double a person's risk of dying from heart

disease. Absenteeism due to depression costs U.S. businesses between \$33 billion and \$44 billion per year. Employees used about 8.8 million sick days in 2001 due to untreated or mistreated depression. In a typical workplace, four out of every 20 employees will likely develop a mental illness this year, probably depression.

Mental health, like physical health, is essential to a productive and enjoyable life—something all of us want. It can be defined as peace of mind, and includes the way we balance our needs, ambitions, relationships and feelings to meet everyday challenges. Many of us don't give much thought to our mental health, yet it affects the way we get along with family, friends, and coworkers.

It's easier than you might think to care for your mental health. Here are some ways to get started:

- **Treat your body right.** The things you do to protect your physical health will also help your mental health. Eat sensibly and healthfully. Cut down on alcohol and eliminate tobacco and other drugs that can affect your ability to control your actions and emotions. Most important, be physically active. Exercising just 30 minutes a day will improve your energy level, sleep patterns and even your self-esteem. At work, take periodic breaks, including getting out of your chair and stretching and walking a bit to help you avoid burnout and feel more refreshed.
- **Talk it out.** When you're faced with a problem, talking with someone else about it will help you release pent-up emotions, see things more clearly and feel a sense of companionship.
- **Take one thing at a time.** When you're feeling overwhelmed, make a list of tasks that absolutely must be done. Rank them in terms of importance, and work on them, one at a time.
- **Get your mind off your troubles.** Do something you find relaxing—read, play, take a hot bath, listen to music, work a crossword puzzle, take up a hobby. Making time for enjoyable activities is important.
- **Use positive visual imagery.** Use pictures in your “mind's eye” to help you feel rejuvenated and relaxed in just a few minutes. Sit in a comfortable chair, close your eyes, and imagine a place where you have felt at peace, such as the beach.
- **Be honest about your limitations.** It's essential that you learn to say “no.” When you have the option, eliminate things that are not crucial for you to do—or to do immediately.

- **Give yourself a break.** No one is perfect. Striving to be the best in all things leads to worry, anxiety and, eventually, burnout and failure. Allow yourself to be human.
- **Give your coworkers a break.** Excessive competition can be dangerous, both physically and emotionally. Looking at a situation from the other person's viewpoint can reduce your stress and improve your outlook.
- **Manage your anger.** Retreat before you lose control. Allow time for you and the other person involved to calm down. You'll both be better able to handle the problem constructively later.
- **Keep a journal to identify the stressors in your life.** Just identifying the causes of frequent stress in your life can help you cope and gain a sense of control. Some stress is unavoidable—the key is to reduce the stressors that you can control.
- **GET HELP.** Asking for help when you need it is a sign of strength. Sometimes we can get completely overwhelmed by feelings that do not go away or are so intense that they get in the way of our daily life. If this happens to you, seek help and referrals from your Employee Assistance Program (EAP) or your primary health care provider.

**Norfolk Community Services Board • 248 West Bute Street • Norfolk, Virginia
23510 • 757 441-5300 www.norfolksb.org**

HEALTHWATCH

HW 4/12/04

GOOD DAY! I'M TERRANCE AFER- ANDERSON AND WELCOME TO TODAY'S EDITION OF HEALTHWATCH.

THE NORFOLK DEPARTMENT OF PUBLIC HEALTH JOINS THE VIRGINIA DEPARTMENT OF HEALTH, THE CENTERS FOR DISEASE CONTROL AND PREVENTION, THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES -- AND STATE AND LOCAL HEALTH AGENCIES AROUND THE COUNTRY -- IN CELEBRATING NATIONAL WOMEN'S HEALTH WEEK -- MAY NINTH THROUGH ELEVENTH, TWO-THOUSAND FOUR.

THE SIGNATURE EVENT OF NATIONAL WOMAN'S HEALTH WEEK IS NATIONAL WOMEN'S CHECK-UP DAY TO BE HELD ON MAY TENTH. NATIONAL WOMEN'S CHECK-UP DAY IS A DAY THAT HAS BEEN SET ASIDE TO ENCOURAGE WOMEN TO VISIT HEALTH CARE PROFESSIONALS FOR REGULAR PREVENTIVE CHECK-UPS AND SCREENINGS.

THE NORFOLK DEPARTMENT OF PUBLIC HEALTH WILL PARTICIPATE IN NATIONAL WOMEN'S CHECK-UP DAY BY PROVIDING FREE BLOOD PRESSURE CHECKS -- FROM NINE A.M. UNTIL THREE P.M. -- AT THE NORFOLK PUBLIC HEALTH CENTER, 830 SOUTHAMPTON AVENUE --

ONE BLOCK SOUTH OF THE INTERSECTION OF BRAMBLETON AND COLLEY AVENUES. IF YOU ARE A WOMAN AND WOULD LIKE TO CHECK YOUR BLOOD PRESSURE, COME TO THE NORFOLK DEPARTMENT OF PUBLIC HEALTH ON MAY TENTH, TWO-THOUSAND FOUR.

HERE TO TELL US MORE ABOUT NATIONAL WOMEN'S HEALTH WEEK AND NATIONAL WOMEN'S CHECK-UP DAY IS MRS. FRANCES SCHROEDER, A PUBLIC HEALTH NURSE SUPERVISOR AT THE NORFOLK DEPARTMENT OF PUBLIC HEALTH. THANK YOU, MRS. SCHROEDER FOR JOINING US TODAY.

WHY ARE NATIONAL WOMEN'S HEALTH WEEK AND NATIONAL WOMEN'S CHECK-UP DAY SO IMPORTANT?

WOMEN HAVE MORE ILLNESS AND DISEASE THAN MOST PEOPLE REALIZE. FOR EXAMPLE, THOUGH AMERICAN MEN ARE OFTEN CONSIDERED AS THE PRIMARY VICTIMS OF HEART DISEASE, HEART DISEASE IS ACTUALLY THE NUMBER ONE CAUSE OF DEATH IN AMERICAN WOMEN.

WHAT IS THE SECOND LEADING CAUSE OF DEATH IN AMERICAN WOMEN?

THE SECOND LEADING CAUSE OF DEATH AMONG AMERICAN WOMEN IS CANCER -- WITH LUNG CANCER AS THE MOST COMMON FORM OF THE DISEASE. LUNG CANCER CLAIMED THE LIVES OF SOME 65,000 AMERICAN WOMEN IN 2002.

AND WHAT IS THE THIRD LEADING CAUSE OF DEATH AMONG AMERICAN WOMEN?

THE THIRD LEADING CAUSE OF DEATH IN AMERICAN WOMEN IS STROKE. IT AFFECTS THIRTY-THOUSAND MORE AMERICAN WOMEN THAN MEN EACH YEAR.

WHAT ABOUT THE INCIDENCE OF DIABETES IN WOMEN?

DIABETES AFFECTS SOME 8.1 MILLION AMERICAN WOMEN AND AN ESTIMATED SIX MILLION WOMEN ARE BELIEVED TO BE LIVING UNDIAGNOSED.

NOW WHAT ABOUT HIV AND AIDS? ON A PREVIOUS EDITION OF HEALTHWATCH, WE FOCUSED ON THE IMPACT OF HIV AND AIDS ON AFRICAN-AMERICAN WOMEN. WHAT CAN YOU TELL US ABOUT HOW AMERICAN WOMEN IN GENERAL ARE AFFECTED?

OF THE FORTY-THOUSAND NEW HIV INFECTIONS REPORTED IN THE U.S. EACH YEAR, THIRTY PER CENT -- SOME TWELVE-THOUSAND CASES -- OCCUR AMONG AMERICAN WOMEN.

OK! LET'S FOCUS NOW ON NATIONAL WOMEN'S CHECK-UP DAY AND WHAT THE NORFOLK DEPARTMENT OF PUBLIC HEALTH IS DOING TO PARTICIPATE.

YES, WE WILL BE PROVIDING FREE BLOOD PRESSURE CHECKS FOR WOMEN FROM 9:00 A.M. UNTIL 3:00 P.M. AT THE NORFOLK PUBLIC HEALTH CENTER.

WHAT EXACTLY IS BLOOD PRESSURE, FRAN?

BLOOD PRESSURE IS A MEASURE OF THE FORCE THAT YOUR BLOOD CREATES AS IT RUSHES THROUGH YOUR ARTERIES -- THE LARGE VESSELS THAT CARRY YOUR BLOOD AWAY FROM THE HEART.

AND HOW IS THIS FORCE CREATED?

WELL, FIRST IT'S IMPORTANT TO NOTE THAT THERE ARE TWO BLOOD PRESSURE LEVELS TAKEN: THE SYSTOLIC AND THE DIASTOLIC. WHEN YOUR HEART BEATS, IT CONTRACTS AND PUMPS BLOOD AWAY FROM THE HEART. THIS ACTION IS CALLED THE SYSTOLE AND GIVES US THE SYSTOLIC MEASURE. AFTER THE CONTRACTION, YOUR HEART RELAXES AND FILLS WITH BLOOD. THIS IS CALLED THE DIASTOLE PERIOD AND GIVES US THE DIASTOLIC MEASURE. THE SYSTOLIC AND DIASTOLIC MEASURES TOGETHER GIVE US YOUR BLOOD PRESSURE.

SO THAT'S WHY BLOOD PRESSURES ARE READ LIKE "ONE-HUNDRED TWENTY OVER EIGHTY"?

YES, THAT'S CORRECT.

NOW WHEN THE DOCTOR, NURSE OR OTHER MEDICAL PROFESSIONAL TAKES YOUR BLOOD PRESSURE THEY USE A STETHOSCOPE AS WELL AS THE BLOOD PRESSURE CUFF. WHY CAN'T THEY JUST TAKE THE READING FROM THE CUFF?

THE MEDICAL PROFESSIONAL USES THE STETHOSCOPE TO LISTEN TO THE SOUND THAT YOUR BLOOD MAKES AS IT FIRST RUSHES THROUGH THE VESSEL AND TAKES THAT READING ON THE CUFF. THIS IS THE FIRST READING -- THE SYSTOLIC PRESSURE. HE OR SHE THEN LISTENS FOR THAT BLOOD FLOW TO STOP AND -- AT THAT POINT -- TAKES THE SECOND READING, THE DIASTOLIC PRESSURE.

THIS WOULD BE AN IDEAL TIME TO LOOK AT HOW NORMAL, PREHYPERTENSIVE AND HIGH BLOOD PRESSURES ARE DEFINED.

WELL, NEW GUIDELINES ESTABLISHED BY THE NATIONAL HEART, LUNG, AND BLOOD INSTITUTE OF THE NATIONAL INSTITUTES OF HEALTH STATES THAT NORMAL SYSTOLIC BLOOD PRESSURE IS 120 OR LOWER AND NORMAL DIASTOLIC BLOOD PRESSURE IS 80 OR LOWER. PREHYPERTENSIVE SYSTOLIC BLOOD PRESSURE IS 120 TO 139 AND PREHYPERTENSIVE DIASTOLIC BLOOD PRESSURE IS 80 TO 89. HIGH SYSTOLIC BLOOD PRESSURE IS CONSIDERED AS ANYTHING OVER 140. HIGH DIASTOLIC BLOOD PRESSURE IS ANYTHING OVER 90.

FRAN, WHAT CAN YOU TELL US ABOUT THE BLOOD PRESSURE MACHINES THAT YOU CAN BUY AT THE DRUG STORE OR THE FREE BLOOD PRESSURE MACHINES THAT YOU SEE AT DIFFERENT RETAIL AND COMMUNITY LOCATIONS?

THESE MACHINES CAN PLAY A ROLE IN CHECKING BLOOD PRESSURE AT ANY GIVEN TIME, BUT A SINGLE BLOOD PRESSURE READING SHOULD NOT BE USED TO DETERMINE IF SOMEONE HAS HYPERTENSION AND ONLY A HEALTHCARE PROFESSIONAL -- ESPECIALLY SOMEONE WHO KNOWS YOUR MEDICAL HISTORY -- IS QUALIFIED TO ACCURATELY INTERPRET THE READING.

SO HOW OFTEN SHOULD A WOMAN GET HER BLOOD PRESSURE CHECKED?

THE AMWA RECOMMENDS THAT HEALTHY WOMEN HAVE THEIR BLOOD PRESSURE CHECKED ONCE ANNUALLY. BUT IF A WOMAN IS IN ANY RISK CATEGORY, SHE SHOULD BE CHECKED AT LEAST EVERY SIX MONTHS. YOUR DOCTOR MAY RECOMMEND THAT YOU MONITOR YOUR BLOOD PRESSURE MORE FREQUENTLY.

WHAT ARE THE RISK FACTORS FOR HYPERTENSION?

EATING FOODS THAT HAVE HIGH SALT CONTENT, BEING OVERWEIGHT OR OBESE, PHYSICAL INACTIVITY, ALCOHOL USE, SMOKING, AND STRESS CAN BE MAJOR CONTRIBUTORS TO HIGH BLOOD PRESSURE.

AND WHAT ABOUT HYPERTENSION ITSELF AS A RISK FACTOR?

THE AMERICAN MEDICAL WOMEN'S ASSOCIATION REPORTS THAT, BELOW THE AGE OF SIXTY-FIVE, THE RISKS OF HYPERTENSION APPEAR TO BE SOMEWHAT LOWER FOR WOMEN THAN FOR MEN. HOWEVER, WOMEN BETWEEN THE AGES OF FORTY-FIVE AND SEVENTY-FOUR -- WITH A DIASTOLIC PRESSURE OF ONE-HUNDRED TO ONE-HUNDRED-FOUR -- HAVE TWICE THE RISK OF DEVELOPING HEART DISEASE AS WOMEN WITH DIASTOLIC PRESSURES BETWEEN SEVENTY-FIVE AND SEVENTY-NINE.

WHAT OF ELDERLY WOMEN?

FOR ELDERLY WOMEN, HYPERTENSION IS THE MAJOR RISK FACTOR FOR BOTH CARDIOVASCULAR DISEASE AND DEATH.

WHAT TREATMENTS ARE THERE FOR HYPERTENSION?

IF SOMEONE IS DIAGNOSED AS BEING HYPERTENSIVE, THEY SHOULD HAVE A THOROUGH, COMPREHENSIVE MEDICAL EVALUATION BY THEIR DOCTOR. TREATMENT WILL THEN BE PRESCRIBED BASED UPON THOSE FINDINGS AND SPECIFIC TO THE PATIENT. DRUGS CAN BE USED EFFECTIVELY AND LIFESTYLE CHANGES ARE ALSO GENERALLY PRESCRIBED.

WHAT SORT OF LIFESTYLE CHANGES?

-
- CHANGES IN NUTRITION AND DIET -- ESPECIALLY RESTRICTING SALT INTAKE -- AND IF CHOLESTROL LEVELS ARE HIGH, RESTRICTING FAT INTAKE AS WELL.
 - WEIGHT MAINTENANCE -- IN ONE STUDY, 75% OF OVERWEIGHT PEOPLE WHO LOST 20 OR MORE POUNDS ACHIEVED NORMAL BLOOD PRESSURE THROUGH WEIGHT LOSS ALONE.
 - REDUCING ALCOHOL CONSUMPTION -- WHILE ALCOHOL DOESN'T CAUSE HYPERTENSION, IT CAN ACCELERATE AN EXISTING CASE.
 - REGULAR EXERCISE -- REGULAR AEROBIC EXERCISE, SUCH AS FAST WALKING, JOGGING, AND BICYCLING OFTEN BRING ELEVATED BLOOD PRESSURE DOWN TO NORMAL. IT'S STRONGLY RECOMMENDED THAT A PHYSICAL EXAM AND A CARDIAC STRESS TEST BE DONE BEFORE BEGINNING ANY EXERCISE PROGRAM.
 - SMOKING CESSATION -- SMOKING INJURES BLOOD VESSEL WALLS AND LEADS TO HARDENING OF THE ARTERIES. IT ALSO SPEEDS UP THE PULSE AND MAKES THE HEART WORK HARDER. CHRONIC SMOKING MAY ALSO TRIGGER HORMONE CHANGES THAT CAN ALSO EVENTUALLY RAISE BLOOD PRESSURE.
 - REDUCING STRESS -- RELAXATION TECHNIQUES SUCH AS MEDITATION, RELAXATION THERAPY AND YOGA CAN HELP TO LOWER BLOOD PRESSURE.
-

IT CERTAINLY PAYS TO KEEP YOUR BLOOD PRESSURE IN CHECK AND TO LIVE A HEALTHY LIFESTYLE, EVEN FOR WOMEN WHO MAY THINK THAT THEY ARE NOT AT RISK. THANK YOU SO MUCH FOR JOINING US TODAY, FRAN. I'M CERTAIN THAT SOME WOMEN OUT THERE HAVE GOTTEN THE MESSAGE.

THANK YOU FOR HAVING ME!

THE NORFOLK DEPARTMENT OF PUBLIC HEALTH IS PLEASED TO REPORT THAT IT WILL ALSO BE PROVIDING FREE BLOOD PRESSURE SCREENINGS FOR MEN -- AS WELL AS WOMEN -- AT TWO HEALTH FAIRS BEING PRESENTED BY THE NORFOLK PUBLIC LIBRARY. THE FIRST HEALTH FAIR WILL BE PRESENTED ON MAY SIXTH, FROM TEN-THIRTY A.M. UNTIL TWELVE-THIRTY P.M., AT THE BLYDEN BRANCH, LOCATED AT EIGHT-SEVENTY-NINE EAST PRINCESS ANNE ROAD. THE SECOND WILL AT AN OUTDOOR SPRING FESTIVAL ON MAY TWENTY-SECOND, FROM TWO P.M. UNTIL FIVE P.M., AT THE BARRON F. BLACK BRANCH, AT SIXTY-SEVEN HUNDRED EAST TANNERS CREEK ROAD.

IF YOU WOULD LIKE MORE INFORMATION ON NATIONAL WOMEN'S HEALTH WEEK AND NATIONAL WOMEN'S CHECK-UP DAY -- OR THESE TWO ADDITIONAL FREE BLOOD PRESSURE SCREENINGS -- PLEASE CALL THE NORFOLK DEPARTMENT OF PUBLIC HEALTH AT 683-2301. THAT'S 683-2301.

HEALTHWATCH IS A MONTHLY HEALTH UPDATE PRESENTED BY THE NORFOLK DEPARTMENT OF PUBLIC HEALTH. IF YOU HAVE ANY QUESTIONS OR COMMENTS ABOUT THIS PROGRAM, CALL US AT 683-2756. I'M TERRANCE AFER-ANDERSON AND THIS HAS BEEN HEALTHWATCH.

THINGS TO SEE AND DO

Norfolk 4-H Junior Summer Camp July 19-23, 2004

Four-H is the youth development education program of Virginia Cooperative Extension. Four-H is committed to assisting youth, and those adults working with them, in acquiring the knowledge, life skills, and attitudes that will enable them to become self-directing, contributing and productive members of society. The central theme of 4-H education is "learn by doing".

4-H summer camp is cooperative living in a natural environment which focuses on the child's social, spiritual, mental and physical development. The Airfield 4-H Educational Center is located in Wakefield, about one hour and fifteen minutes from Norfolk. The site consists of 220 acres of wooded land that is surrounded by a pond. The trees, nature trails, wildlife and the pond are used as outdoor classrooms for the campers. One of the most popular spots at camp is the swimming pool. Certified lifeguards supervise pool activities. Living quarters include four lodges which house 208 people. Each room contains bunk beds, carpeting, bathroom with shower and air conditioning. Each lodge contains handicapped accessible rooms.

The campers are supervised by the Extension Agent and trained adult and teen volunteers. The classes are taught by volunteers and college students. Each child is assigned a counselor who shares a room and meals with the child and is available for support.

Norfolk camp will be held July 19-July 23, 2004. Boys and girls 9 to 13 years old are eligible to attend camp. The fee is \$180. All balances are due by June 20. Installment payments are accepted. Fee includes transportation to the 4-H Center and return, three nutritious meals a day that are served family style, four nights lodging and a camp t-shirt. The bus leaves from the Harrison Opera House rear parking lot (corner of Granby Street and Va Beach Blvd) on Monday, July 19, at 9:00 a.m. and returns to the Harrison Opera House on Friday, July 23, at 12:00 p.m.

An exciting week has been planned for the campers. This is a wonderful opportunity for city kids to have fun in the woods!! For more information and registration form, please call 683-2816.

CHRYSLER HALL

ALVIN AILEY® AMERICAN DANCE THEATER PERFORMS

Experience the vitality, beauty and joy of the world's most renowned modern dance company in downtown Norfolk. The Alvin Ailey American Dance Theater will perform at Chrysler Hall as part of the 2004 Virginia Arts Festival. Celebrating its 45th anniversary this season, this amazing troupe enjoys a reputation worldwide as one of the most acclaimed ambassadors of American culture. Marvel at the physical and dramatic forces these dancers bring to the stage and rejoice in the passion and artistry of The Ailey.

“...the most widely seen dance company on the planet...with the most magnificent, distinctive and extraordinary well trained assemblage of dancers in the world.” – *voiceofdance.com* (Berkeley, CA)

Program I Tues., May 4, 7:30 PM

Program II Wed., May 5, 7:30 PM

Tickets: \$20, \$35, \$45, \$60

CIRQUE ÉLOIZE

The Virginia Arts Festival has included Quebec's Cirque Éloize in its 2004 line-up of events scheduled for Chrysler Hall. The show is among today's most acclaimed 'contemporary circus' troupes, performs Italian style (no big top), at the world's top festivals including Edinburgh, the Sydney Opera House, and the Hollywood Bowl. The intimacy of the theater stage and a live minstrel band add warmth and humanism to their oh-so-original works. *NOMADE* is a poetic journey across the endless night sky, a magical dream world of song, dance, music, and gravity-defying juggling and acrobatics. Spellbinding!

“Cirque Éloize communicates in the universal language of fun.” --*The New York Times*

Tues. & Wed., May 11 & 12, 7:30 P.M.

Tickets: \$45, \$35, \$25, \$15

PETER AND THE WOLF

He's back- Peter, plus the Wolf, and a menagerie of musical pals. The Virginia Symphony Orchestra and Spectrum Puppets will entertain Hampton Roads families at Chrysler Hall as a part of the Virginia Arts Festival 2004 line-up. In this classic fairy tale, the characters are portrayed by different instruments: Peter's played by strings; the Duck, an oboe; and Grandpa's a bassoon. Spectrum's life-sized puppets make this fantasy a fun-for-all!

Sun., May 16, 3:00 PM

Tickets: \$20, \$18, \$15

VOICES OF LIGHT / "THE PASSION OF JOAN OF ARC"

This simply unforgettable performance will be presented and performed at Norfolk's Chrysler Hall Theatre by the Virginia Symphony Orchestra and the Virginia Chorale ! With all the power and glory of Carmina Burana, this celebration of female heroism and spirituality is a brilliant blend of Richard Einhorn's first oratorio, Voices of Light, performed live during a screening of Carl Dreyer's silent film masterpiece, "The Passion of Joan of Arc," starring Renée Falconetti as one of history's most legendary women. "An overwhelming experience." – *New York Post*

Sat., May 8, 8:00 PM

Sun., May 9, 2:30 PM

Tickets: \$70, \$55, \$45, \$35, \$29

For more information, call 757.282.2822 or visit www.vafest.org

CHRYSLER MUSEUM OF ART

SENIORS ART FORUM

The Seniors Art Forum is a senior citizens group that meets on the first Saturday of every month at 2 p.m. for a tour, discussion, and light refreshments. No reservations are necessary for individuals, but please call Kristi McMillan at (757) 333-6268 for group reservations.

COMMISSION ON THE ARTS AND HUMANITIES

The Norfolk Commission on the Arts and Humanities Announces April Arts Within Reach Performance Series

The Norfolk Commission on the Arts and Humanities is pleased to announce five events in the April schedule of the Arts Within Reach program.

Saturday, April 24, 5-7pm, Bank Street Memorial Baptist Church, 7036 Chesapeake Blvd. in the Norview section of Norfolk – *Voices of Norfolk* presents the NSU Alumni Noah F. Ryder Memorial Concert. The Voices of Norfolk Concert Choir, a nonprofit community choir, was founded in October of 1967 by Bernard Shell, Sr. The choir is a traveling group that performs for nondenominational churches and committees for all to enjoy. Call 757-588-5200 for information.

Arts Within Reach, which is produced by the Norfolk Commission on the Arts and Humanities, is a series of free performances showcasing a variety of talents. The series introduces audiences to the arts in an informal atmosphere that encourages interaction between performer and audience. All performances in the *Arts Within Reach* program are **free and open to the public**. Public inquiries can be made at 664-4321

The City of Norfolk, through the Norfolk Commission on the Arts and Humanities, supports a number of our community's cultural programs and organizations. 2004 events include:

CONTINUING

Murano: Glass from the Olnick Spanu Collection continues through April 25th. ***Silver Images: The Photography Collection at 25*** continues through August 15th. *Chrysler Museum of Art*. 664-6200*

April 23 through June 27 *Mid-Atlantic Art Exhibition: Works on and of Paper 2004*. 14th annual juried exhibition featuring artists from across the mid-Atlantic. *d'ART Center*. 625-4211

23 (Fri.) – 7:30 pm *Virginia International Tattoo*. Virginia Arts Festival presents the country's largest tattoo, featuring more than 650 performers from around the world. Marching bands, massed pipes and drums, military drill teams, gymnasts, Scottish dancers, choirs and surprise guests perform, co-presented with Norfolk's International Azalea Festival. Performance repeats April 24th and 25th. *SCOPE*. 671-8100*

23 (Fri.) – 7 pm Playtime Theatre. Old Dominion University presents theater for all ages: *Aesop's Fables*, adapted and directed by Frankie Little Hardin; performances, including matinees, repeat Saturday and Sunday, April 24th and 25th. *Stables Theatre, ODU. 683-5305**

26 (Mon.) – 8 pm Creo. F. Ludwig Diehn Concert Series presents Old Dominion University's contemporary music ensemble performing the music of the Netherlands and featuring guest composer Theo Lovendi.. *Chandler Recital Hall, ODU. 683-5305**

29 (Thurs.) – 7:30 pm Othello. Virginia Arts Festival presents the acclaimed Guthrie Theater performing Shakespeare's masterpiece; performances continue through May 2nd. *Roper Performing Arts Center, TCC. 671-8100**

*admission or fee is charged for these events

COMMUNITY SERVICES BOARD

May is National Mental Health Awareness Month. The theme this year is "Mental Health Matters In Your Life." Beginning May 1 you can go to www.norfolkcsb.org or to the City's web site to get facts about mental health and a Mental Health checklist.

In May, Marty Phillips, Norfolk CSB's Director of Mental Health, will appear on Norfolk Perspectives.

Also in May, Norfolk residents will be able to view "A Commitment to Care" on Channel 48.

The 12-week Mutual Education Support and Advocacy (MESA) classes are held at 7:00 pm on Tuesday evenings at our Roland Park venue, 6401 Tidewater Drive, 23509 (contact: John Creekmore, 441-1170). The classes are for family members of individuals with mental illness.

4/27 Continuation of April 20th session on Communication

5/4 Problem Solving -- Guidelines for communication which can be applied to problem solving

5/11 Medications -- This session explores medications prescribed for mental illnesses, intended effects, and side effects

5/11 Resources -- Information about local resources available to families of people with a mental illness diagnosis. Speakers are both public and private sectors are featured.

D'ART CENTER

14th Annual Mid-Atlantic Art Exhibition: Works on & of Paper...A National Competition

On Friday, April 23, 2004 the d'ART Center will open the "14th Annual Mid-Atlantic Art Exhibition: Works on & of Paper" with an Awards Reception at 6-8pm.

The *Mid-Atlantic Art Exhibition: Works on & of Paper Awards* will be announced at 6:45pm. \$2200 in awards will be presented. This juried exhibition is presented to celebrate Contemporary Fine Art. All artwork displayed will be original, of & on paper, completed within the last two years, and not previously shown at d'ART Center. This exhibit will remain on display through June 27, 2004.

The exhibition's juror, Don Kimes, Professor of Studio Art, is head of MFA, post baccalaureate and undergraduate studio art programs at American University, Washington, D.C. and Italy. He is also the Artistic Director, Visual Arts at The Chautauqua Institution, Chautauqua, New York. Kimes has lectured widely and his work is represented in leading galleries and private collections in New York, Washington and around the world. He is represented by three New York galleries and has had more than 30 one person and 100 group exhibitions in the U.S as well as Mexico, Germany and Italy. He was the recipient of a Medici Medal at the 2001 Florence International Biennale of Contemporary Art.

Art Day Camp

Enjoy five creative & fun-filled days in an atmosphere where fine art is made. Drawing, painting, clay, mixed media & more. Each week ends with an Art Show on Friday. Tuition \$125 & materials fee \$25. Bring a lunch; snacks will be provided. Call 625-4211 to register, space limited.

Art's Cool Day Camp

June 21-25: Ages 6-8

July 19-23: Ages 8-11

August 16-20: Ages 6-10

Art's Hot Day Camp

June 28-July 2: Ages 9-14

July 26-30: Ages 9-14

The d'ART Center Announces d'ART Day Camp 2004

Children ages 6-14 will enjoy five creative & fun-filled days in an atmosphere where fine art is made. They will experience drawing, painting, clay, mixed media & more. Each week ends with an Art Show on Friday afternoon.

Five separate sessions are offered throughout the summer for different age groups:

Monday-Friday, 9am-2pm

June 21-25: ages 6-8

June 28-July 2: ages 9-14

July 19-23: ages 8-11

July 26-30: ages 9-14

August 16-20: ages 6-10

Art day camp instructors are experienced art educators who have taught at the d'ART Center, Governor's School and Norfolk and Virginia Beach school systems.

Camp will take place at 125 College Place in downtown Norfolk. For more specific information, please contact the d'ART Center at 757-625-4211, d.artcenter@rcn.com, or visit our website at www.d-artcenter.org.

FESTEVENTS

MARK YOUR CALENDARS!

Dr. Seuss turns 100 years old this year!

Plans being made for a spectacular birthday party- and everyone's invited!

Saturday, October 2, 2004, 10 am – 3 pm

Town Point Park, Downtown Norfolk Waterfront, VA

Admission \$2 per person, Infants free

Dr. Seuss turns 100 years old this year, and Norfolk Festevents announced today that it will host Dr. Seuss' 100th birthday party as part of the 16th Annual SunCom Virginia Children's Festival on October 2, 2004.

Activities will include a Seuss style parade, Dr. Seuss group book reading, a Cat in the Hat® make and take, great games and contests with prizes, giant Dr. Seuss balloons and much, much more!

The Virginia Children's Festival joins the lineup of 2004 Events and Festivals planned by Norfolk Festevents for Town Point Park in downtown Norfolk on the Elizabeth River. Enclosed is the full schedule of 2004 Events and Festivals.

2004 Schedule of Events

Azalea Festival Parade, April 24; 10:00 a.m., Waterside Drive

Town Point Park

- **Virginia Beer Festival-** May 15, 2004, 2:00 p.m.
- **The SunCom Concerts at the Point –**
Each Friday in May: May 7, May 14, May 21 and May 28, 2004
- **AFR'AM Festival-** May 31, 2004, 12:00 p.m.
- **The 28th Annual Norfolk Harborfest® –**
Friday, June 11 – Sunday, June 13, 2004
- **The 15th Annual SunCom Bayou Boogaloo & Cajun Food Festival –**
Friday, June 25 – Sunday, June 27, 2004
- **The 22nd Annual SunCom Great American Picnic, Arena Racing USA
Firecracker 40 & Fireworks –** Sunday, July 4, 2004
- **The SunCom Norfolk Jazz Festival –**
Friday, July 16 and Saturday, July 17
- **SunCom Cinema Under the Stars –**
Each Thursday in August – August 5, August 12, August 19 and August 26
- **The 3rd Annual SunCom Norfolk Seafood Sampler –**
Saturday, September 18 and Sunday, September 19, 2004
- **The 16th Annual SunCom Virginia Children's Festival –**
Saturday, October 2, 2004
- **The 17th Annual SunCom Town Point Virginia Wine Festival –**
Saturday, October 18 and Sunday, October 19, 2004

Ocean View Beach Park

- **Big Bands on the Bay –**
Each Sunday from Memorial Day to Labor Day
- **Shore Thing and Independence Day Celebration**
Friday, July 2
- **T.G.O.V. Thank Goodness It's Ocean View Beach Music Concert Series –**

Each Friday in July and August

Norfolk Festevents, Ltd. is a private not-for-profit organization dedicated to producing premier concerts, festivals, ship visits and special events for residents and guests of Hampton Roads. Celebrating its 22nd season, Norfolk Festevents has garnered international acclaim for its outstanding quality programming. Norfolk Festevents is the official event marketing and production agency for the City of Norfolk.

GENERAL DOUGLAS MACARTHUR MEMORIAL

From Manila to Peking: Asian Treasures from the MacArthur Collection. The MacArthur Memorial will unveil a new exhibit this March. The exhibit, called From Manila to Peking: Asian Treasures from the MacArthur Collections, features Asian art and artifacts drawn from the MacArthur Memorial's permanent collection and provides a rare opportunity to view an eclectic collection of never-before-seen artifacts.

Sponsored by the General Douglas MacArthur Foundation, the exhibition brings together outstanding examples of indigenous art from East Asia and elegantly demonstrates how the MacArthurs played a role in the lives of well known historical figures.

Highlights include an array of Philippine wood sculptures, cloisonné, beautifully painted screens, antique ivory figures, lacquered chests and other objects d'art. In addition, a collection of Kutani, Imari, Celadon and Satsuma porcelain will be featured.

From Manila to Peking: Asian Treasures from the MacArthur Collection will run until February 28, 2005.

The MacArthur Memorial is open Monday through Saturday from 10am to 5pm and on Sunday from 11am to 5pm. The museum is closed on New Year's Day, Thanksgiving Day and Christmas Day. Admission is free. For more information, call 757.441.2965 or visit macarthurmemorial.org

LIBRARIES

Events at the Blyden Branch Library at 879 East Princess Anne Road

Virginia Employment Center will provide a free workshop on May 4, 2004 from 10 a.m. - 12p.m.

The Volunteers of Hampton Roads will provide a free workshop on May 11, 2004 6p.m.- 7p.m. and on Tuesday following there will be an adult scrapbook club so bring you photos in and have some fun working as a team..... No experience necessary. Contact Ms. Moore at (757-441-2852)

or yolanda.moore@norfolk.gov

Library Inspires Philosophical Thoughts in Teens with Club- The Socrates Cafe'.

Believing, like Socrates that the "unexamined life is not worth living," St. Leo University philosophy professor Rebecca Hubble is facilitating a philosophy club for kids at Lafayette Branch Library. Many middle school students are flocking to this new exciting program and gaining critical thinking skills that will help them cope in today's world.

The group has pondered many philosophical questions and taken journeys through discussions. Topics discussed have ranged from truth and wisdom to traditions and friendship. The group meets Thursdays at 4:00 p.m. For more information, call Lafayette Branch Library at 441-2842.

NAUTICUS

Maritime "Maniacs" Wanted For Nauticus' New Kids Club

Club members can enjoy exciting science topics, special tours, giveaways, games, and more!

Are you a kid between the ages of 8 and 12, who wants free giveaways, enjoys special tours of Nauticus, and likes hanging out with other kids who like science? Then Nauticus' new Maritime Mania Club is for you!

Presented in partnership with Radio Disney AM 1650, the Maritime Mania Club will meet the fourth Saturday of each month from February through June from 10 - 11:30 a.m.

Each month the Club "Maniacs" will explore exciting themes including the science of roller coasters, buildings, boats, sound, and crocodiles and reptiles. Radio Disney also will be on hand each month with refreshments, games and activities. Plus, "Maniacs" who attend all five sessions will receive a special gift from Radio Disney and Nauticus!

Club benefits include a Maritime Mania Club card, make-n-take activities, free tours of selected Nauticus exhibits and behind-the scenes areas, free activities with Radio Disney, giveaways, and more.

Hurry! Space is limited to only 20 kids and their parents. The club fee for all five sessions is \$40 for nonmembers or \$30 for Nauticus members (fee is for one child and one parent who are expected to participate and assist in all activities).

Call (757) 664-1010 for more information or to register.

Learn About Volunteer Opportunities for Students, Families and Adults--Make a Difference in the Hampton Roads Community By Becoming a Volunteer!

More than 20 local non-profit organizations will be on hand to present their volunteer opportunities at the **Hampton Roads Volunteer Fair**, hosted by Nauticus and Volunteer Hampton Roads, on Sunday, April 25, from 11 a.m. to 2 p.m.

Representatives from participating organizations will be available to discuss their respective volunteer opportunities and benefits for students, families, and adults. Those who attend the Volunteer Fair will receive complimentary admission to Nauticus and can also register to win a variety of exciting door prizes.

Participating organizations include:

- ☐ Chrysler Museum of Art
- ☐ City of Chesapeake
- ☐ City of Portsmouth
- ☐ Contemporary Art Center of Virginia
- ☐ Elizabeth River Project
- ☐ EQUI-KIDS
- ☐ First Landing State Park
- ☐ Foodbank of Southeastern Virginia
- ☐ Full Circle AIDS Hospice
- ☐ Girl Scouts of Colonial Coast
- ☐ Hampton Roads Naval Museum
- ☐ Lee's Friends
- ☐ LIFENET
- ☐ Nauticus, The National Maritime Center
- ☐ Norfolk Botanical Garden
- ☐ Sentara Hospice
- ☐ Tidewater EMS Council
- ☐ Virginia Beach Clean Community Commission
- ☐ Virginia Living Museum
- ☐ Volunteer Hampton Roads

The Hampton Roads Volunteer Fair will take place in conjunction with National Volunteer Week, April 18 through 24.

For more information, please call (757) 664-1000.

May 2004

Calendar of Exhibitions, Events, & Programs

Because events are subject to change, please call ahead to confirm. For additional information, call Shelia Harrison at (757) 664-1026 or 1-800-664-1080, ext. 41026. The public may call (757) 664-1000 for information. Events are included in Nauticus admission unless otherwise noted.

Spring/Summer Hours. Beginning April 12, Nauticus will be open Monday through Saturday from 10 a.m. to 5 p.m. and Sunday from noon to 5 p.m. Summer hours are 10 a.m. to 6 p.m. daily from Memorial Day through Labor Day.

Traveling Exhibits

May 22 through September 6, 2004

When Crocodiles Ruled. Take a trip 60 million years in the past to find out what the world was like after dinosaurs became extinct — a world ruled by 40-foot crocodiles, prehistoric primates, and underwater predators!

Through May 23, 2004

Tech City. Many aspects of our daily lives are designed and maintained by engineers — from the buildings we work in to traffic on the Internet. This exhibition highlights the engineering that makes *Tech City* work. Highly interactive exhibit stations present real-world problems that can be solved using an engineering approach.

Through May 31, 2004

Iron to Art. Ironclads and Torpedo Boats: The Maritime Art of Joe Hinds. See the works of one of America's top naval illustrators in Nauticus' new Forecastle Gallery. Presented in conjunction with the Hampton Roads Naval Museum.

When Crocodiles Ruled Events

Saturday, May 22, 8:30 – 10 a.m.

When Crocodiles Ruled Member Opening. Join us for free giveaways, educational programs, face painting, and more. Call (757) 664-1014 for reservations.

Saturday, May 22, 10 a.m.

When Crocodiles Ruled Public Opening. Join us for free giveaways (while supplies last), educational programs, face painting and balloon animals by “Daisy the Clown” and more. The highlight of the day will be **Crocs Rock**—presented at 1 & 3 p.m.—where you can see a real crocodile (see below)!

Saturday, May 22, 1 & 3 p.m.

Crocs Rock! Come see a real live 2-foot Cuban crocodile or 3-foot Nile crocodile plus and American Alligator to celebrate the opening of *When Crocodiles Ruled*! Michael Shwedick with Reptile World has introduced America to the fascinating world of reptiles since 1970. One of America's leading reptile wildlife educators, Michael's program gives

audiences the opportunity to meet an interesting selection of live, large, colorful, and gentle reptiles from all over the world. Each show is limited to 350 attendees.

Programs & Events

April & May (all month)

10th Anniversary Celebration. Visit Nauticus and register to win one of 10 four-packs of tickets to Nauticus! No ticket purchase is required to enter.

Sunday, April 25; 11 a.m. – 2 p.m.

Hampton Roads Volunteer Fair. Representatives from local non-profit organizations will be available to discuss their respective volunteer opportunities and benefits for students, families, and adults. Those who attend the Fair will receive complimentary admission to Nauticus and can also register to win a variety of exciting door prizes!

Saturdays and Sundays in April; every 45-minutes

Design Chamber Preview. Meet Captain Chantry, leader of the *Design Chamber: Battleship X* interactive theater experience, and learn about the state of the military world and the importance of Iowa-class battleships in naval history.

Saturday, May 8, 6 p.m.

“Shiver Me Timbers” Family Overnight. Bring the family for a fun-filled night of pirate shenanigans including a treasure hunt, interactive science experiments, an appearance by the infamous Blackbeard, a special movie showing in the giant screen Nauticus Theater, and much more! This adventure is designed for families with children ages six and up. The cost is \$25 per Nauticus member and \$30 per non-member. Call (757) 664-1041 for information and registration.

Sunday, May 9 (all day)

Mother’s Day. Mothers receive free admission when accompanied by a paying adult or child. No other discounts apply.

May 10 – 16

National Tourism Week. In celebration, Nauticus will offer buy-one, get-one free admission when you present a local ID or driver’s license. No other discounts apply.

Pre-School & After School Programs

Tuesday, April 27; 4 – 5:30 p.m.

Extreme Science Explorers After School Program (1st – 4th graders). Have a blast during this fun and educational program featuring the science of the ocean!

Wednesday, April 28; 2 p.m.

Pre-School Science Adventures. (ages 2 – 5) Spend a fun, educational and interactive hour with your child during this innovative education program. Geared towards children ages two to five, each program is designed to help develop large and fine motor skills and teach some basic science concepts. Activities include story time, a craft activity, game, interactive science experiment and a guided tour of a Nauticus exhibit.

Thursday, April 29; 4 – 5:30 p.m.

Science Navigators After School Program (5th – 8th graders). Be a paleontologist for the afternoon in this hands-on program that explores the science of fossils!

The registration fee for Nauticus' after school programs is \$8 per child, per session; \$70 per semester. Nauticus members: \$6 per child, per session; \$50 per semester. Adults are free. Reservations are recommended, as space is limited to 15 children per program. For more information, please call (757) 664-1044.

Tuesday, May 11 & 25; 4 – 5:30 p.m.

Extreme Science Explorers After School Program (1st – 4th graders). Have a blast during this fun and educational program featuring the science of astronomy!

Wednesday, May 12 & 26; 2 p.m.

Pre-School Science Adventures. (ages 2 – 5) Spend a fun, educational and interactive hour with your child during this innovative education program. Geared towards children ages two to five, each program is designed to help develop large and fine motor skills and teach some basic science concepts. Activities include story time, a craft activity, game, interactive science experiment and a guided tour of a Nauticus exhibit.

Thursday, May 13 & 27; 4 – 5:30 p.m.

Science Navigators After School Program (5th – 8th graders). Be a stargazer for the afternoon in this hands-on program that explores the science astronomy!

The registration fee for Nauticus' after school programs is \$8 per child, per session; \$70 per semester. Nauticus members: \$6 per child, per session; \$50 per semester. Adults are free. Reservations are recommended, as space is limited to 15 children per program. For more information, please call (757) 664-1044.

Ongoing Programs & Events

Daily; selected times

Shark Touch. What does a shark's skin feel like? If you're daring, you can find out at Nauticus' Shark Petting Lagoon, where you can touch the back of a warm-water Nurse Shark. Sharks in the Lagoon vary in length from two to three feet.

Weekdays; 2:15 p.m.

Tank Talk & Tour. Learn more about Nauticus' sharks and other underwater creatures during this informative presentation.

Weekdays; 3 p.m.

Weekends; 1 & 4 p.m.

Grando Electro Show. Experience the science of static electricity, sparks, and electrical charges in a safe and controlled manner. You'll get a "charge" out of it!

Saturdays at 12:45 and 2:45 p.m.; Sundays at 2:45 p.m.

Kiddie Tidepool and Storytime. Geared toward early learners, this program explores the ecology of the Elizabeth River. Plus, enjoy a special reading of a maritime-related story.

Weekends; selected times

Battle Blast. Have a "blast" during Nauticus' newest science demonstration! Created in conjunction with the USS *Wisconsin*, this program investigates the science and technology behind the battleship and explores force, ballistics, density and combustion through a variety of hands-on experiments.

Weekends; selected times

CoolScience. Liquids boiling without a stove! Gases turning into liquid! Balloons exploding with bright flashes of light and heat! These are a few of the amazing hands-on experiments you can see in this program sponsored in-part by BOC Gases.

Weekends; selected times

Shark Feeding. Watch Nauticus' live sharks eat as you learn about shark behavior and ecology!

Large-Format Films

Daily; selected times

The Living Sea. This large-format film celebrates the world ocean - its beauty, diversity and importance to all life on Earth. Swim with thousands of golden jellyfish and witness the bizarre spawning behavior of giant clams. Surf in Hawaii, deep-sea dive in Palau and test your courage with the Coast Guard in some of the world's roughest seas! Follow a Remotely Operated Vehicle 3,000 feet down through the ocean depths to view strange creatures (one as long as a football field!), which live where sunlight never penetrates.

Daily; selected times

The Last Battleship: USS Wisconsin

Discover why the Battleship *Wisconsin* is one of the most unique battleships in the world. Experience the excitement and nostalgia as some of the world's largest guns fire from the deck for the last time. This half-hour documentary, produced by Wisconsin Public Television, chronicles the life of the Battleship *Wisconsin*, defines its unique place in history and profiles the courageous men who went to war on its decks.

JOIN OUR TEAM!

Are you interested in presenting science demonstrations or interpreting hands-on exhibits? If the answer is "yes," then Nauticus has an opportunity for you! Or maybe you just enjoy meeting and interacting with people. If so, then volunteering at Nauticus might be for you. We have positions available weekdays and weekends in the Administration, Aquarium, Gift Shop, Visitor Services, Cruise Support and Education Departments. To learn more about joining the Nauticus team as a volunteer, contact Nancy Sorg at 664-1043 or nancy.sorg@norfolk.gov

We are interested in adults, college students and high school/home school students who are at least 14 years old.

NORFOLK ENVIRONMENTAL COMMISSION

Help Clean Virginia's Waterways

16th Annual Clean the Bay Day, Saturday, June 12th, 8am-Noon

Last year, more than 73 Tons of trash removed from Bay waters and shoreline during 2003 Clean the Bay Day.

From Hampton Roads to Virginia's Eastern Shore and Mason Neck State Park in Fairfax County, more than 4,500 volunteers removed more than 146,000 pounds of debris from 197 miles of state waterways during the 15th Annual Clean the Bay Day.

The Chesapeake Bay Foundation and its partner localities are seeking volunteers for the 16th Annual Clean the Bay Day, Saturday, June 12, 2004 from 9am-12noon. It's a great opportunity for individuals, families and groups to help clean up debris from waterways across Virginia. Boaters, divers and landlubbers are welcome.

Shoreline litter is washed from roadways into storm drains that carry it to creeks, rivers and the Bay. In addition to being a public eyesore and nuisance, it can be harmful to fish and wildlife. Litter and debris also can clog wetlands and reduce their effectiveness as buffers from runoff and as shelter for wildlife. Marine debris such as oil drums, abandoned boats and old engines can be hazards to boaters and swimmers.

What to wear: hard sole, closed-toe shoes and clothes appropriate to weather conditions and site conditions. Long pants and long sleeved-shirts are recommended for rough terrain, brambles, etc. Ask your City Coordinator or Zone Captain for advice.

What to bring: work gloves, a hat, water, sunscreen, bug spray, and allergy medication (if you have allergies to bee stings, etc).

**Become a better steward of
the Chesapeake Bay and
SIGN UP TODAY TO
CLEAN A SITE IN NORFOLK!**

Contact 441-1347

Be a Green Reader!

During the Great American Cleanup, the Norfolk Environmental Commission will once again offer *The Green Reader Program*. Throughout the month of April, in honor of the Great American Cleanup and Earth Day, volunteer readers will visit Norfolk classrooms and narrate one of several short stories to students. The list of books includes (but is not limited to) *The Wartville Wizard*, by Don Madden and Dr. Seuss' *The Lorax*.

The Norfolk Environmental Commission is looking for volunteers to help with *The Green Reader Program*. If you or someone you know would like to donate an hour of your time to this important effort and be a reader, contact our Environmental Educator, Holly Carson, at 441-1347 or holly.carson@norfolk.gov. We look forward to reading with you!

**RECREATION AND COMMUNITY SERVICES CALENDAR OF
EVENTS**

A "Special Olympics Swim Team" organized in Norfolk! The NLS Aquatics Unit proudly announces the "Norfolk Nemo's" a Special Olympics Swim Team. The Nemo's practice on every Tuesday at the Northside Pool, located at 8400 Tidewater Drive, from 7:00 p.m. to 9:00 p.m. The program will run until June 30, 2004. There is no age requirement, only a desire to swim! For further information, please contact Coach Richard Hahn at rhahn@tomorrowworld.com

APRIL & MAY

Bayview Recreation Center (441-1626)

Earth Day Celebration, 4:30pm, all ages, Thursday, April 22

Mother's Day Tea, 12:00pm, all ages, Saturday, May 8

Berkley Recreation Center (441-1912)

"Over-the-Hill" Basketball Game, 7:00pm, ages 30+, Thursday, April 29

Mother's Day Essay, 4:00pm, ages 10-16, Thursday, May 13

Mother's Day Breakfast, 10:00am, all ages, Saturday, May 15

Please contact the center for additional details!

Campostella Recreation Center (441- 1974)

Mother's Day Card Making, 3:00pm, ages 7-12, Friday, May 7

Captain's Quarters (441-1715)

Canoe/Kayaking Clinic, 3:30pm, ages 13-17, Saturday, May 15

Call center for additional details!

Crossroads Recreation Center (441-1769)

Spring Fashion Show, 6:30pm, all ages, Thursday, May 6

East Ocean View (441-1785)

Mother's Day Breakfast, 9:00am, all ages, Saturday, May 8

Fairlawn Recreation Center (441-5670)

Mother's Day Tea, 4:00pm, ages 5-12, Friday, May 7

Armed Forces Day Program, 4:00pm, all ages, Friday, May 14

Huntersville Recreation Center (664-7434)

Memorial Day Service, 12:00pm, ages senior adults, Tuesday, May 25

Ingleside Recreation Center (441-5675)

Memorial Day Honoring, 4:30pm, ages 5-12, Friday, May 28

Larchmont Recreation Center (441- 5411)

Mother's Day Workshop, 4:00pm, ages 5-14, Thursday, May 6

Merrimack Recreation Center (441-1783)

Mother's Day Crafts, 11:30am, ages 5-12, Saturday, May 8

Norview Recreation Center (441-5836)

Back to Nature, 4:30pm, ages 5-12, Friday, April 30

Norview Community Reunion, 12:00pm, all ages, Saturday, May 22

Park Place Recreation Center (664-7531)

Park Place Reunion, 12:00pm, all ages, Saturday, May 29

Sherwood Recreation Center (441-5824)

Mother's Day Challenge, 7:00pm, all ages, Thursday, May 13

Tarrallton Recreation Center (441-1765)

Tribute to Mom, 5:00pm, ages 5-17, Friday, May 7

2nd Annual Day for the disAbled at Virginia Zoo on May 1

The Therapeutic Recreation Center, Therapeutic Recreation Advisory Committee, Virginia Zoo, Eggleston Services, Norfolk and Va. Beach Mayor's Commitees' will be hosting the 2nd Annual Day for the disAbled at the Virginia Zoo, Saturday May 1 from 10:00am -2:00pm. Individuals with a disAbility and caregivers can enter the zoo at no cost. Information, activities, games; service providers/organizations for disAbled individuals, families and friends will be located under the White Tent at the Special Events Field. Docents (guides) will be stationed throughout Zoo grounds providing information. If you have any questions regarding this event, feel free to call the Therapeutic Recreation Center at 441-1764.

Therapeutic Recreation Center programs

In June 2004, the Therapeutic Recreation Center will be adding Children's Programs!! These programs are open to children with disabilities ages 6-14 years old. Classes are offered in 5-week sessions at the cost of \$15 per session. Programs will include: "Fun on the Town", "Craftin' Creations", "Kick Up Your Heels", and "Game It Up." Parents need to call the center and set up a time for their child to come in for an assessment before signing up for classes. Summer Registration starts on Friday, May 28, 2004 at 9:00am for the Therapeutic Recreation Center. If you have any questions regarding this program or would like to schedule an assessment for your child, feel free to call the Therapeutic Recreation Center at 441-1764.

Young Terrace Recreation Center (441-2692)

A Letter for My Mother, 4:00pm, ages 5-18, Monday, May 10

SCOPE

!Hero, the Rock Opera Comes to Scope

!HERO, the Rock Opera, is a cutting edge adaptation of the gospel. It is described as the "Jesus Christ Superstar for the MTV generation." The story is set in a post modern world, with Jesus being born in Bethlehem, Pennsylvania? No robes, no sandals, no Roman legions. With street gangs as disciples, !Hero is one show you won't want to miss!

Eddie DeGarmo, creator of !HERO, says that "his entire career in music has been geared around reaching people with the message." However, when the idea for !HERO came to him, it was based on a desire to get people talking about Jesus.

In November, 2003 !HERO made its quite successful leap into the public by touring 19 cities and performing in front of mostly sold out audiences in each of them. Don't miss this exciting Rock Opera, one night only at Norfolk Scope May 7th at 7:30pm. Tickets are on-sale now at the Scope Box Office, all Ticketmaster outlets, charge by phone at 671-8100 or on-line at ticketmaster.com.

ZOO

Virginia Zoo, 3500 Granby Street, Norfolk, VA 23504
(757) 441-2374 www.virginiazoo.org

Admission: Adults: \$6.00; Sr. Citizens: \$5.00; Children (ages 2-11): \$4.00. Under 2 is free. Open daily from 10:00 – 5:00

Zoo members always free.

Day For The Disabled (All Ages)

Saturday, May 1: 10:00am - 3:00pm

Product and services fair offering disabled individuals, families and friends information about services available throughout Hampton Roads. Hosted by the City of Norfolk's Therapeutic Recreation Center. Regular admission.

Camp Out at the Zoo! (Ages 6 & up)

May 22, 2004 and July 10, 2004

6:00 PM - 10:00 AM

Bring your own tent and sleeping bag for a fun-filled night of camping under the stars at the Virginia Zoo. Prepare for an evening of meeting animals, touring the zoo, and roasting marshmallows! This event is for families with children ages 6 and up. All children must be accompanied by an adult. Pre-registration is required.

2nd Annual Virginia Zoo Bike Rally *NEW!* (All Ages)

You can "Ride on the Wild Side" on June 12th!

The ride begins at 2:30pm from either Southside Harley Davidson or Hampton Roads

Harley Davidson. A concert by the Blue Lords will start at 3:00pm. A picnic lunch is included with registration, as well as drawings for prizes from local and international motorcycle dealerships. There is a bike contest with trophies in five categories. Silent auction prizes offered. Registration is \$15 before June 5th, and includes a commemorative t-shirt.

Summer Safari 2004 UPDATE!

Your child's summer can sizzle with an exciting week of animal-related activities, games and fun. One-on-one animal interactions will drive the desire to explore and experience the world of nature in your Virginia Zoo's Summer Safari Camps.

Included in the camp fees, every camper will receive a Summer Safari T-shirt. Classes will break each day for snacks and drinks provided by us. Full day campers need to bring their own bag lunches. Dress appropriately for outdoor activities, rain or shine.

Fees:

VZS members (price per child):

Half Day Camps: \$90.00 per week

Full Day Camps: \$160.00 per week

Non-Members (price per child):

Half Day Camps: \$115.00 per week

Full Day Camps: \$185.00 per week

Extended Care*: \$75.00 per week per child

***Extended Care is for full day campers only.**

Day Camp Time:

Half Day Camps: 9:00 AM - 12:00 PM

Full Day Camps: 9:00 AM - 3:00 PM

Extended Care: Before-care: 7:30 AM - 9:00 AM; After-care: 3:00 PM - 5:30 PM

Dates:

*Ages as of April 1, 2004. This is a new policy from last year. A copy of your child's birth certificate for proof of age will be required the first day of camp.

Ages 4 & 5: Half Day Camps*

June 21 - June 25: Hop, Trot & Waddle

June 28 - July 2: Crazy Color Safari

July 12 - July 16: Here, There & Everywhere

July 19 - July 23: Once Upon a Zoo
July 26 - July 30: Hop, Trot & Waddle
July 26 - July 30: Once Upon a Zoo
August 2 - August 6: Crazy Color Safari
August 2 - August 6: Here, There & Everywhere
August 9 - August 13: Here, There & Everywhere
August 9 - August 13: Hop, Trot & Waddle
August 16 - August 20: Once Upon a Zoo

Ages 6 & 7: Half Day Camps*

June 21 - June 25: Wildlife Watchers
August 16 - August 20: Wildlife Watchers

Ages 6 & 7: Full Day Camps*

June 28 - July 2: Camp Creepy Crawler
July 19 - July 23: From the Ground Up
July 26 - July 30: Creature Comforts
August 9 - August 13: From the Ground Up

Ages 8 & 9: Half Day Camps*

June 21 - June 25: Wildlife Watchers
August 16 - August 20: Wildlife Watchers

Ages 8 & 9: Full Day Camps*

July 12 - July 16: From the Ground Up
August 2 - August 6: Going the Distance

Ages 10 & 11: Full Day Camp*

July 12 - July 16: Going the Distance

Ages 12, 13 & 14: Full Day Camp*

June 28 - July 2: Conservation Equation

Girl Scout Brownies

(Register through GSCCC 547-4005 ext 283)

June 28 - July 2

Topics:

Hop, Trot and Waddle (Ages 4 & 5)

What is all of this commotion about motion? Jump in as we discover where animals are going and how they get there.

Crazy Color Safari (Ages 4 & 5)

Rainbows of living colors decorate our world. Some colors help hide while others stand out in a crowd. Come explore this colorful world of the animals.

Here, There and Everywhere (Ages 4 & 5)

Whether you look under a rock or in the highest tree, animals can be found making their homes in some of the strangest places.

Once upon a Zoo (Ages 4 & 5)

Discover incredible animal friends as we travel through beastly tales of fun and fantasy.

Wildlife Watchers (Ages 6 & 7 and Ages 8 & 9)

From zookeepers to botanists to research biologists, the fields relating to wildlife abound. Be a part of a world that revolves around nature.

Camp Creepy Crawler (Ages 6 & 7)

Spend a week finding out why those "less than cuddly" animals can be the coolest critters of all!

From the Ground Up (Ages 6 & 7 and Ages 8 & 9)

Whether beneath the ground or in the tips of the tallest tree, all of life is bound together by the invisible threads of the food web. Join us as we crawl through the web of life and discover the ties that bind.

Creature Comforts (Ages 6 & 7)

Do you like to swim when it's really hot? Bundle up when it's really cold? Come find out how each animal is uniquely designed to be comfy and cozy in their homes wherever they may live.

Going the Distance (Ages 8 & 9 and Ages 10 & 11)

Where are the animals of old? What are these creatures that are alive today? Come take a walk on the animal timeline as we take the mysteries out of ancestry.

Conservation Equation (Ages 12, 13, & 14)

Have you ever wondered how you can make a difference? Join us and start making a difference! We will show you how.

Cub Club (Ages 2-3)

Explore the world of animals as a member of your Virginia Zoo's Cub Club. You and your child will learn about nature as we nurture a love of animals through a variety of activities including games, crafts, stories, songs and, always, animal encounters. Choose a single date or one per month. Each month is a new adventure into the amazing world of animals. This program is specifically designed for caregiver/child interaction so an adult is expected to attend, no siblings please. Pre-registration is required.

(757) 441-2374 ext. 229 or www.virginiazoo.org

Cost per Kids adventure:

VZS members: \$8 per child/caregiver pair;
Non-members: \$14 per child/caregiver pair.

Adventure Times:

10:30 AM - 11:15 AM

Dates:

May - Pretty Patterns

Wednesday, May 5

Monday, May 10

Saturday, May 15

Thursday, May 27

June - Watch Out!

Wednesday, June 2

Monday, June 7

Thursday, June 17

Saturday, June 19

Kritter Kids (Ages 4-5)NEW!

Take a step-up into a more in-depth look at animals as a Kritter Kids member. You and your child will delve into the mysterious world of animals through various activities and animal encounters! Come for a one-time adventure or join us monthly as new topics are explored! This program is specifically designed for caregiver/child interaction so an adult is expected to attend, no siblings please. Pre-registration is required.

Cost per Kids adventure:

VZS members: \$12 per child/caregiver pair;

non-members: \$18 per child/caregiver pair.

Adventure Times:

Wednesdays: 10:30 AM - 11:45 AM

Saturdays: 9:00 AM - 10:15 AM

Dates:

May - Pretty Patterns

Saturday, May 15 - OPEN

Wednesday, May 19 - OPEN

June - Watch Out!

Wednesday, June 9 - OPEN

Saturday, June 19 - OPEN

Zoo Snoozes--Camp Out at the Zoo!

May 22, 2004 and July 10, 2004

6:00 PM - 10:00 AM

Bring your own tent and sleeping bag for a fun-filled night of camping under the stars at the Virginia Zoo. Prepare for an evening of meeting animals, touring the zoo, and roasting marshmallows! Wake up in the morning to a continental breakfast and some fun animal activities. This event is for families with children ages 6 and up. All children must be accompanied by an adult.**

Cost:

VZS members: \$30 per person per night

Non-members: \$40 per person per night

** Pre-registration and payment required!!

Organizational Snoozes

Available year-round on available Friday and Saturday nights from 6:00 PM to 10:00 AM

Bring your organization out to spend an evening of adventure behind the scenes at your Virginia Zoo! Activities include a live animal presentation, a flashlight tour of the zoo, a behind-the-scenes visit with the animals, wildlife games and crafts. A light breakfast is provided in the morning.

Organizational Snooze programs may be customized to fit the needs of your group. For more details and available dates, call 757-441-2374 ext. 229 or www.virginiazoo.org

Cost:

30 maximum/12 minimum paid participants

\$25 per person

Additional Adults \$12.50

Keeper of the Day Program

Have you ever wondered what it's like to have the privilege of taking care of the incredible animals at the zoo? Here's your chance to find out! Keepers play one of the most important roles in the zoo...they are researchers, veterinarians, dietitians, trainers, and sanitation engineers, all rolled into one! Come learn what it takes to fill this important and challenging roll and why this career is so highly competitive. You will be preparing diets, cleaning exhibits, learning about our animals, and meeting our keepers. Dress appropriately for the weather and to get dirty! You will be choosing one of our 6 Strings, which include:

String 1: Barn, Education animals, and Goat yard

String 2: Nocturnals, Primates, and Tsodilo Hills

String 3: Elephant and Giraffe

String 4: Hoofstock, bison, bongo, red river hogs

String 5: Reptiles, eagle, bird of prey

String 6: Rhino, zebra, lions, tigers

Who: Age 15 and older

Program Fee: \$50 per person

*All proceeds from this program will go to The Virginia Zoo Keeper Fund, which will be used for behavioral enrichment items for our animals and further training for our animal keeper staff.

Please e-mail us at education@virginiazoo.org for more information.

FREE REFUSE DISPOSAL OPPORTUNITIES

- Free disposal of household trash, yard waste and bulk waste, and white goods is available for **Norfolk residents only** at the SPSA Transfer Station. The hours are Saturday, 8 - 4 p.m., and Sunday, noon to 4 p.m. at 3136 Woodland Avenue (behind the SPCA on Ballentine Blvd). Residents must use a 'private' vehicle, 1/2 ton or less, that has a current City of Norfolk City sticker.
- Utility trailers less than 8 feet will be allowed if towed by a vehicle meeting the above description. No commercial vehicles will be allowed to dump for free.
- There is no limit on the amount of debris that can be brought to the transfer station by Norfolk residents. No CFC items will be accepted without proper certification.
- Household hazardous waste is accepted at the Norfolk Transfer Station on the 1st Saturday and 4th Wednesday of each month.
- Residents may also take hazardous waste to the landfill on Jake Sears Road in Virginia Beach, Tuesday through Saturday.

***YOUR NORFOLK COMMISSIONER OF THE REVENUE
IS HERE TO ASSIST YOU DURING THE TAX FILING SEASON!***

- We will complete your Virginia Individual Income Tax Return—**FREE OF CHARGE!** (Be sure to bring a copy of your completed Federal Income Tax form, as well as your W2s).
- We will answer or research any state tax question you may have. Just give us a call!
- Extended Saturday hours April 3rd through 24th from 9:00—Noon.

**Call Your Commissioner of the Revenue
Income Tax Team at (757) 441-2277
Or visit us at City Hall, 810 Union Street, 1st Floor
Mon - Fri 8:30 a.m. - 5:00 p.m.
Saturday Hours 9:00 a.m. to noon April 3rd—24th
www.city.norfolk.va.us/revenue**

**Please Remember: The Deadline to File
Virginia State Income Tax is
May 3**

FREE TAX FILING ASSISTANCE AVAILABLE

Free income tax assistance is available at sites throughout Hampton Roads for individuals with simple returns. The Volunteer Income Tax Assistance (VITA) sites have been established to help low- to moderate-income workers file their taxes. The American Association of Retired Persons (AARP) has also set up sites to primarily serve to senior citizens. The military offers tax filing assistance for those with a Military I.D.

Persons interested in receiving free tax filing assistance should contact a site in their neighborhood for details. Additional information on a wide range of tax-related topics, including VITA, can be found on the IRS website: www.irs.gov, or by calling the IRS toll-free information line at 1-800-829-1040.

NORFOLK SITES

Site Type	Name	Location	Hours	Contact
VITA	Calvert Square Family Investment Center	975 Bagnall Rd.	Mon. & Thurs. 10-4; Wed. 6-8 p.m.	Appointment 314-4273
VITA	First Christian Fellowship Church	4700 Little John Drive	Sat. 12:30-5:30 p.m.	Appointment 855-6901
VITA	Brambleton Outreach Center	909 Marshall Avenue	Sat. 10-2	Appointment 823-2953
AARP	Bon Secours DePaul Senior Health Center	6115 Granby Street	Tues. - Thurs. 9-3	Appointment 889-5976
AARP	Little Creek Branch Library	7853 Tarpon Place	Wed. 12-4	Appointment 441-1751
AARP	Janaf Library	124 Janaf Shopping Center	Thurs. 12-4	Appointment 441-5660
AARP	Pretlow Library (Ocean View area)	9640 Granby St.	Mon. 12-4	Walk-in or Appointment 441-1759
Military	ATG Norfolk Naval Base	1776 Gilbert Street Building B30		
Military	NAB Little Creek	2600 Tarawa Court		
Military	Operational Test and Evaluation	7970 Dixen Street		
Military	USCG MLCANT	300 East Main Street Suite 400		